



Tree Lighting Friday Kicks Off
Holiday Festivities - Page 2, Page 19

70th Annual Quincy Christmas
Parade Sunday - Page 3



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The Quincy Sun

Quincy's Hometown Weekly Newspaper Since 1968

VOL. 56 No. 10

Wednesday, November 22, 2023

\$2.00

Raiders, Presidents Renew Rivalry 91st City Football Championship Thursday

10 A.M. Kickoff Veterans' Memorial Stadium - Coverage Begins Page 20



READY FOR SOME FOOTBALL - North Quincy Raiders (above) and Quincy Presidents (below) will renew their storied rivalry at the 91st city football championship on Thanksgiving Day morning Thursday, Nov. 23. Kick off is at 10 a.m. at Veterans' Memorial Stadium. Here the teams run onto the field at earlier home games this season. Both teams head into the Thanksgiving Day game on a winning note. The Raiders (4-6) defeated Plymouth North 42-21 Nov. 10 and the Presidents (3-7) defeated Newton North in double overtime 52-50 Nov. 9. More coverage of "The Game" begins on Page 20.

Quincy Sun Photos/Robert Bosworth



Helping Hands Page 9 - Poster Contest Winners Page 38

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The City of Quincy Celebrates **CHRISTMAS** and the **HOLIDAY SEASON**

**MAYOR THOMAS P. KOCH INVITES YOU TO THE
MOST WONDERFUL TIME OF THE YEAR**



FRIDAY, NOVEMBER 24 | 5:00-7:00 P.M.

Strolling Victorian Carolers, fire shows, costumed characters, letter writing to Santa, free hot chocolate, popcorn and a holiday sing-a-long. Featuring Quincy Catholic Academy Youth Choir and St. Paul's Choir School, Harvard Square.

Join Mayor Thomas P. Koch and a special guest from the North Pole as they flip the ceremonial switch to bring the holiday spirit.



**SANTA'S ARRIVAL
BY HELICOPTER AT PAGEANT FIELD**

SATURDAY, NOVEMBER 25 | 12 NOON

Santa and his elves arrive by helicopter for this fun family event. While waiting for the touchdown of the Jolly Old Elf and friends, say hello to one of the friendly costumed characters!



SUNDAY, NOVEMBER 26 | 12:00-3:30 P.M.

Floats, marching bands, and costumed characters fill Quincy streets, spreading holiday joy to all. The parade route begins at the intersection of Hancock Street and Walter J. Hannon Parkway, continuing up Hancock Street to North Quincy High School.



**MENORAH LIGHTING
HANCOCK-ADAMS COMMON**

THURSDAY, DECEMBER 7 | 4:45 p.m.

Lighting the first candle on the menorah as we observe the beginning of Chanukah.



SUNDAY, DECEMBER 3 | 5:00 P.M.

Corner of Dunford Drive & McConville Way

The City of Quincy honors our active military in a tree lighting ceremony.



**CHRISTMAS GATHERING
AT THE CRÈCHE**

SUNDAY, DECEMBER 10 | 5:00 P.M.

Next to Old Town Hall

Christmas carols and prayers at the crèche.



**SAVE THE DATE
MONDAY, FEBRUARY 19, 2024**



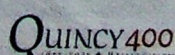
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**City of Quincy
Massachusetts**



QUINCY FOUNDATION

PLEASE NOTE: In the interest of public safety, all bags and backpacks are subject to search.



SANTA CLAUS will be among the main attractions at the 70th Quincy Christmas Parade Sunday, Nov. 26. Here he waves to children at the intersection of Hancock and Granite Streets from a Quincy Fire Department ladder truck during last year's parade. *Quincy Sun File Photos/Robert Bosworth*



FIRE CHARMER Liz Knights from Cirque de Light twirls some flames along the Quincy Christmas Parade route last year.

Constitution Color Guard To March In Christmas Parade

70th Annual Parade Sunday At 12:30 P.M.

The 70th annual Quincy Christmas Parade steps off at 12 noon Sunday, Nov. 26th and for the first time the USS Constitution Color

Guard will join in the line of march. The color guard is made up of the active-duty sailors of the United States Navy who are currently as-

signed to the Constitution. The Constitution is the oldest commissioned ship in the United States Navy. Famously known as Old Ironsides, the ship was launched in October 1797.

The parade is one of the three events to jump start the

Christmas season in Quincy.

On Friday night Nov. 24th the annual tree lighting will take place on the Hancock Adams Common beginning at 5 p.m. with and array of entertainment including fire jugglers, costumed characters, and a Christmas carol sing-along. Free hot chocolate and pop-

Related Story Page 19

corn as well as the always popular Santa's Mailbox will also take place. Mayor Thomas Koch, with help from Santa Claus, will turn on the lights at approximately 6:15 p.m.

Santa's official arrival

to Quincy by Boston Executive Helicopter will be at noon on Saturday, Nov. 25th on Pageant Field in Merrymount Park. Costumed characters will be available for photos and free

Cont'd On Page 19

Morrisette Post Healing Tree Lighting Dec. 2 At Flags For Vets Island

The Cyril P. Morrisette American Legion Post will host its annual lighting of the Healing Tree Ceremony Saturday, Dec. 2 at approximately 4 p.m. at the Flags for Veterans Island, School and Pleasant Streets, Quincy.

The ceremony honors all Post members who have passed away and will be held in memory of Guy Ferris, longtime member of the Morrisette Post and Sons of the American Legion, who passed Oct. 6. Mr. Ferris served many roles over the years with these organizations including vice-commander, historian and sergeant-at-arms for the Post. He was vice-commander, historian and finance officer for Squadron 294.



GUY FERRIS

There will be hot chocolate and cookies for all and there will be an appearance by Santa for the children, who will be arriving courtesy of the Quincy Fire Department.

All are welcome to attend.

Christmas Tree Lighting Dec. 1 At Safford Park

The Wollaston Hill Neighborhood Association, the Wollaston School PTO, and Ward 3 Councillor Ian Cain will host the 21st Annual Christmas Tree Lighting ceremony at Safford Park Friday, Dec. 1st beginning at 6 p.m.

Enjoy a fun sing-along and hot chocolate at Safford Park, with a special appearance by Santa to help us illuminate Clara Yeomans's tree - a beautiful centerpiece at the park.

Tell your neighbors! See you there!

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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Publisher and Editor

Henry W. Bosworth, Jr.
Founder
1968 - 2009

\$2.00 per copy newsstand • \$48 per year in Quincy
\$50 per year by mail outside Quincy • \$60 out-of-state

617-471-3100

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Periodicals postage paid at Boston, MA
Postmaster Send address change to:
The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On Dec. 4, 1980, following the death of their drummer, John Bonham, British rock band Led Zeppelin announced that it was disbanding, 12 years after entering the music scene.

• On Dec. 5, 1766, art auction house Christie's founder, James Christie, made his first sale, consisting of "the household furniture, jewelry, plates, firearms, etc. ... property of a noble character (deceased)" in London. Among other items, the sale included a pair of sheets, two pillowcases and two chamber pots.

• On Dec. 6, 1967, three days after the world's first heart transplant took place in South Africa, Adrian Kantrowitz and his surgical team performed America's first such operation (and the world's first pediatric heart transplant) at the Maimonides Medical Center in Brooklyn.

• On Dec. 7, 1911, Britain's King George and Queen Mary rode through Delhi, India, amidst a military salute and the singing of the national anthem. The royal couple met with 150 rajahs, maharajahs and sultans and other classes of the country's rich and powerful. Elephants, however, were banned from the festivities for fear of them charging.

• On Dec. 8, 2009, the Obama administration announced it would pay Native Americans \$3.4 billion to settle a class-action lawsuit that claimed the federal government cheated them out of royalties for oil, mineral and other leases for more than a century. The settlement ended a 13-year legal battle that led to 3,600 filings, millions of pages of discovery documents, and 11 separate appellate decisions.

• On Dec. 9, 1930, Billie Stockton, a dancer from Hollywood, fashioned herself a dress from an entire head of lettuce to play the part of Eve in the Garden of Eden. Her backdrop was donated by the local Chamber of Commerce.

• On Dec. 10, 1901, the first Nobel Prizes were awarded in Stockholm, Sweden, in the fields of physics, chemistry, medicine, literature and peace. The prizes are funded from a reserve created after the death of Alfred Nobel, the Swedish inventor of dynamite and other high explosives.

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Fresh herbs turkey rub

For a 10- to 12-pound turkey, use a ¼ cup of freshly-minced herbs such as parsley, thyme, rosemary, sage, oregano and/or marjoram. Mix them in a bowl with oil, salt and pepper. Rub the mixture all over your turkey, including under the skin. Place 1¼ cups of herb sprigs with onions, apples, lemons and/or oranges (cut into cubes) into the cavity. Tuck the wing tips under the turkey and tie the legs together with string. —Brenda Weaver

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METROPOLITAN BEACHES COMMISSIONERS left to right: Rep. Tackey Chan, Kerin O'Toole, Mercy Robinson, Rep. Jessica Giannino, Sen. Brendan Crighton, Rep. Adrian Madaro, Rep. Joan Meschino and Assistant Deputy Commissioner Susan Hamilton at the 2023 Metropolitan Beaches Commission Annual Hearing at the State House Oct. 31. *Courtesy Photo*

MBC , DCR Convene For 2023 Metropolitan Beaches Commission Annual Hearing

For the first time since the COVID-19 shutdown, the Metropolitan Beaches Commission gathered on Beacon Hill on Oct. 31 for an in-person hearing on the state of the region's beaches. This was also the first opportunity for the Commission to hear from recently appointed DCR Commissioner Brian Arrigo on his priorities and vision for the agency.

The Metropolitan Beaches Commission is managed by Save the Harbor/Save the Bay and is responsible for making recommendations on the maintenance, improvement and accessibility of the region's public beaches from Nahant to Nantasket.

Over 100 people attended the hearing in person or over Teams as DCR Commissioner Arrigo testified to the agency's efforts to address recommendations from the MBC's Breaking Barriers report, including steps towards equity and diversity-focused hiring practices and improvements to ADA-accessibility. Commissioner Arrigo also committed to adding more multilingual signage to the region's beaches before the 2024 beach season.

"In Quincy about 20 percent of our property belongs to DCR, including the beach and two heavily used roadways," said Rep. Tackey Chan. "It's great to have a Commissioner who, as a former mayor, understands both sides of the challenges involved in collaborative management of these important resources. I'm looking forward to hosting the Commissioner here and discussing our priorities for maintenance, infrastructure and accessibility of Wollaston Beach."

"DCR's public beaches belong to everyone, and all of our residents should be able to safely access and enjoy them," said DCR Commissioner Arrigo. "We are committed to working with the Commission and Save the Harbor/Save the Bay to ensure our metropolitan region's public beaches are welcoming places for everyone regardless of race, ability, language or income."

The MBC and Commissioner Arrigo also discussed potential for improving the flagging protocols on our region's beaches to communicate to the public more clearly on the infrequent days when water quality may be potentially

unsafe for swimming, usually following a heavy rainfall. While Massachusetts continues to boast some of the country's cleanest urban beaches, stormwater runoff can impact that quality. Director of Green Infrastructure for the City of Boston Kate England addressed the increased impacts of stormwater due to climate change and the potential to mitigate those impacts through strategic green infrastructure improvements, teeing up the Commission's next efforts to address climate resiliency and sea level rise along our coast.

"We are really proud of all the work that has brought us to this point today," said Commission Co-Chair Sen. Brendan Crighton. "Our collective work to break down with a particular focus on racial equity and language equity has identified concrete action steps to help address very complex long-standing issues that impact our beaches and communities."

The Commission also heard testimony from members of the public who spoke to the success of the Better Beaches Program, which brought over 200 free public and diverse cultural events to the beaches this past summer, and also addressed community specific concerns about water quality in Lynn and Dorchester that the Commission will continue to try and address.

"It's terrific to have a commissioner that shares our goals and values when it comes to making our spectacular urban beaches accessible to everyone," said Save the Harbor Executive Director Chris Mancini. "We're looking forward to supporting and collaborating with our partners at DCR to continue breaking barriers for people of color, people with disabilities and those who don't speak English as a first language. And to see if we can't do something about rising seas while we're at it."

Next steps for the MBC are to keep partnering with DCR to address the infrastructure and equity priorities discussed at the hearing, and to host a series of community charrettes in beachfront neighborhoods on strategies for dealing with rising seas and other effects of climate change.

For more information and to connect with the MBC, visit www.savetheharbor.org/mbc.

Library To Host Holiday Budgeting Workshop Nov. 28

The Thomas Crane Public Library will host a holiday budgeting workshop led by Financial Advisor David Khalif, on Tuesday, Nov. 28 from 7 to 8 p.m. at the Community Meeting Room, 40 Washington St., Quincy.

The public is invited to attend.

Khalif will lead participants through a budgeting workshop during which they'll have the opportunity to learn about personal financing and budgeting during the holiday season.

Workshop participants will gain an understanding of basic long-term budget-

ing and how financial decisions can impact long-term wealth building.

During the event, attendees are encouraged to ask questions related to their personal financial goals.

This event is free to attend and no registration is

required.

Khalif has a degree in finance and business analytics from the University of Kansas, and his work experience includes working for Microsoft, as well as a start-up he created and a variety of small businesses.

'Petals & Pages: 2023' At Wollaston Library Nov. 29

The public is invited to "Petals & Pages: 2023" event on Wednesday, Nov. 29, from 7 to 8 p.m. at the Wollaston branch of the Thomas Crane Public Li-

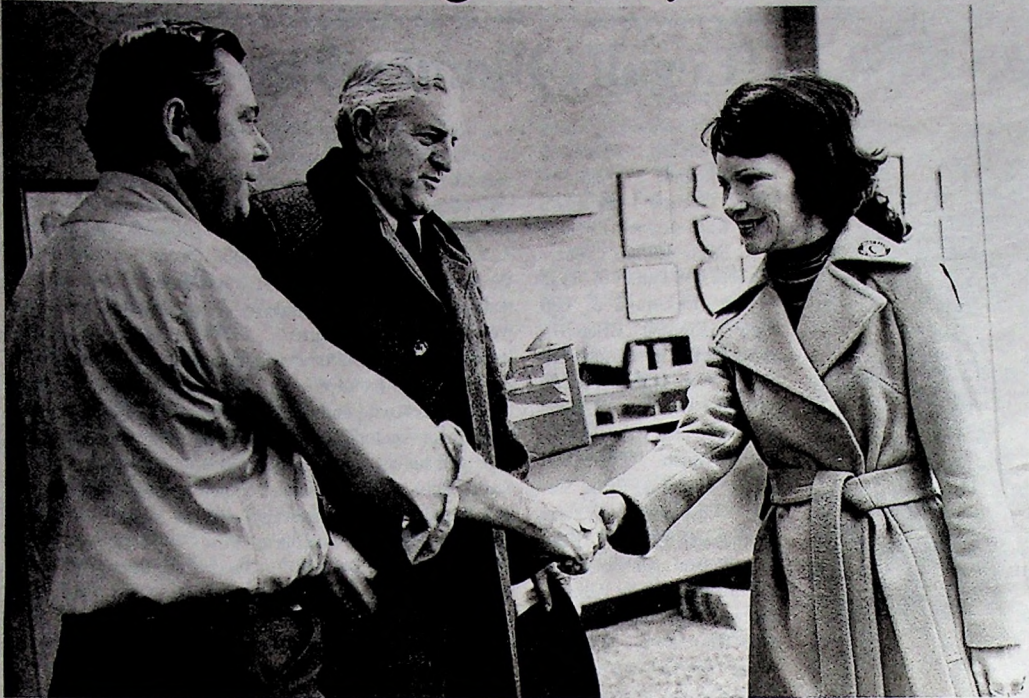
brary, 41 Beale St.

This will be a conversation about books from the past year. Choose any book published in 2023 and come ready to talk about the year

and the books we've been reading. This is part of a series of three book and history discussions to celebrate 100 years of Wollaston Library.

This event will feature an accompanying floral arrangement created and donated by the Wollaston Garden Club, to be given away to one lucky attendee.

Remembering Rosalynn Carter



FUTURE FIRST LADY Rosalynn Carter stopped by The Quincy Sun in 1975 while campaigning for her husband, Democratic presidential candidate Jimmy Carter. Here she is greeted by Quincy Sun Publisher Henry Bosworth (left) as Russell Johnson (center) of Quincy looks on. Russ and his wife, Mary, became friends with the Carters after Jimmy was invited to speak at the South Shore Protestant Men's Breakfast in 1973. Mary died a few days after Jimmy Carter was elected the nation's 39th president in November, 1976. Mrs. Carter died Sunday at her home in Plains, Georgia, with her family at her side. She was 96. "Rosalynn was my equal partner in everything I ever accomplished," her husband, former President Jimmy Carter, said. "She gave me wise guidance and encouragement when I needed it." Mrs. Carter is being remembered as a tireless mental health advocate and her strong efforts for women's rights and other humanitarian causes.

Quincy Sun File Photo/Steve Liss

Quincy's Yesterdays

This Week
1988
35 Years Ago

Quincy Savings Petitions To Close Downtown Branch

Quincy Savings Bank has petitioned the Commissioner of Banks to close the Quincy Center branch located at 1374 Hancock St. in Quincy Square. Declining customer activity and consolidation of business to the main office located at 1200 Hancock St. were the main reasons cited in the petition.

"The main office built 14 years ago is a few hundred yards from the Quincy Center branch," said bank President Charles R. Simpson. "Statistics show a steady decline in activity at the Quincy Center branch as customers have availed themselves of the services at the Main Office. The Main Office offers ample free parking, safe deposit boxes and walk-up and drive-thru windows. Unfortunately, the Quincy Center branch simply cannot provide these services."

EMERGENCY REPAIR WORK AT CENTRAL MIDDLE SCHOOL

Dorel Steel Erection Corporation of Quincy was selected to do temporary emergency repair work at the closed Central Middle School.

The school will not reopen until both the temporary and permanent repairs are finished. The permanent repairs are expected to begin in the early part of 1989 and be finished in the spring. If the school is not reopened next spring, it would next fall, officials said.

The repairs included stabilizing the roof with bracing and renovating the entire early learning center ceiling and balcony.

ROBERT 'QUAKIE' LINGOES REMEMBERED

City officials, neighbors and youths gathered in Germantown to dedicate the Taffrail Road Park and Basketball Court in memory of Robert "Quakie" Lingo, a well-liked 18-year-old who died tragically July 31.

Lingo was fatally stabbed while trying to break up a fight. In September, more than 600 young residents of Germantown petitioned the Quincy Housing Authority to dedicate the park and court on Taffrail Road in his memory.

A stone memorial was unveiled on the site with the inscription, "This Park is Dedicated to the Memory and Spirit of Robert 'Quakie' Lingo. January 22, 1970 to July 31, 1988 by his Friends and the Youth of Snug Harbor."

QUINCY-ISMS

Quincy City Hospital honored 186 volunteers, Auxiliaries, pastoral care students and eucharistic ministers at an Evening of Appreciation for their 32,000 hours of service in 1987-88. Among them was **Betty Keith** with 22,366 hours of volunteer service. A charter auxiliary member, it took Betty 35 years to pile up that impressive record. . . . Kustom TV located in President's Plaza next to Bradlees, 225 Quincy Ave., advertised 19-inch color TVs as low as \$349 and a Zenith 3.5 pound camcorder for \$995 after a \$75 rebate. . . . More than 70 units, including 21 colorful floats, 24 marching bands and 22 specialty units and color guards were set to take part in the 37th annual Quincy Christmas Parade. Grand marshal was **Joe Morgan**, manager of the Eastern Division Boston Red Sox. . . . South Shore Buick, 50 Adams St., Quincy, advertised a 1989 Buick Century for \$12,499. . . . The Quincy High School girls' volleyball team won its third state championship in seven years. The team swept Bishop Feehan 3-0 (15-9, 15-7, 15-7) in the championship game to complete a 21-2 season. Co-captains were **Amy Guidice** and **Nancy Laitinen**. Quincy also won the state title in 1982 and 1984. . . . More than 10,000 fans witnessed one of the most exciting Quincy-North Quincy football games in the 56-year series Thanksgiving Day as the Presidents defeated the Raiders, 29-21. Quincy quarterback **Chris Noble** threw three touchdowns, giving him 22 for the year, tops in Div. 1, and had a hand in every one of his team's points as the Presidents came from behind for the holiday win. Quincy won four of its last five to finish at 5-5 after a winless season in 1987. The loss snapped North's four-game win streak which finished at 6-4. . . . **Peter DiBona** scored four goals and added an assist to spark Beacon Sports to an 8-1 victory over Emmott's Electric in Executive Hockey League action at the Youth Arena. **Kevin Jago** had two goals and **Chuck Behenna** and **Artie Boyle** once each. . . . **Maria Esgareal** of North Quincy, a registered nurse at the Spaulding Rehabilitation Hospital in Boston, received an outstanding service award in recognition of her 10th anniversary as an employee of the hospital.

READERS FORUM - MORE LETTERS PAGE 29

Happy Nurse Practitioner Week

As the Regional Director representing Metro South, Cape and Islands on the Board of Directors of the Massachusetts Coalition of Nurse Practitioners (MCNP), I would like to wish all of the Nurse Practitioners (NPs) in Quincy, and its surrounding areas, a very Happy Nurse Practitioner Week! Last week marked National NP Week (Nov. 12-18) across the United States. This celebratory week serves as an opportunity to recognize the impressive and ongoing contributions of NPs across Massachusetts and nationwide.

NPs are nurses with a graduate degree (either a masters or doctoral degree) with specific training to conduct medical histories; complete physical exams; diagnose medical conditions; order labs, tests, and medications; and evaluate the efficacy of these interventions. NPs build upon their patient-centered nursing care utilizing expanded skills and scope that help them to manage both acute and chronic conditions. Research consistently demonstrates that care by NPs is equivalent to that of their physician colleagues.

NPs represent a growing fraction of health care providers. The US Bureau of Labor Statistics project NPs will grow nearly 40% over this current decade. If you haven't been cared for by an NP before, you likely will in the future. You can find NPs in a variety of settings including community health centers, ambulatory practices, hospitals, and many more. With a rapidly aging population in this country, NPs are essential to ensure uninterrupted access to high-quality patient care.

Thank you, NPs, for all that you do! You are essential for ensuring that the patients of Massachusetts have access to high-quality, patient-centered care. Please, as you read this, if you've ever been cared for by an NP, or have an NP close to you personally, I encourage you to take a moment to let them know how much they mean to you. Happy NP Week!

Chris Reeves, NP
Regional Director

Massachusetts Coalition of Nurse Practitioners

City Needs Moratorium On Condos, Apartments

Mr. Rooney is completely on point in his article re: the mayor and his availability to the residents. Quincy needs a moratorium on the condos, apartments and the unneeded issues which all of these, in many instances, pose for the city, i.e. traffic, ugly facades, congestion of traffic and change in residential areas.

Of course, for those putting up these eyesores for the communities, there are some people making lots of money. Not the residents! I realized when the mayor pushed for a new stadium for North Quincy High over 10 years ago that he was not interested in the residents. He threatened the neighborhood on Hunt Street, with eminent domain. Each

had to leave the neighborhood and find another place to live! It was not a choice for them!

Fenno Street is one of those streets, too long needing repair and on many of the neighboring streets, we are lucky to pass through without a flat tire or damage to vehicle due to the pavement conditions. But of course we have new bridges? Sadly, I do not have much hope for the mayor for the next term re residents.

The low vote of this past election, for a city of this size, speaks for itself!

Thank you.

Ms. Joan Smith
Quincy

Office Hours For Mayor, Councillors, School Committee

Whereas I disagree with Mr. James Rooney's call in a recent Readers Forum to stop building residences in Quincy (with four T stations, it would be irresponsible of us not to build intelligently), I echo the call for mayoral office hours.

I'll add that we'd all be better off if our city councillors and school committee members would also hold weekly, at least monthly, office hours. Maybe at the amphitheater when the weather cooperates and at City Hall otherwise.

With transparency having been a central topic this election season, one can only hope calls for transparency from constituents (not just a few dozen of us) will be heeded. This is an opportunity to leave a vital legacy of transparency in City Hall.

As an example, once the eventual return of the consideration of the famed 99-year lease comes, please consider that when purchasing a home in Quincy, we aren't left using an honor system to pay our municipal taxes. We aren't allowed at all to buy a home without having paid in advance some municipal taxes.

Accordingly, we expect that our Quarry Hills tenants should not be without the proper oversight to fulfill their payments to the city. We expect our elected officials to hold these tenants as accountable as renters are to pay rent and homeowners are to pay taxes.

This is how we pay them to serve our city.

Bill Spirito
Wollaston

Arts & Entertainment

Quincy's Kayla Shimizu Cast In 'Legally Blonde: The Musical'

Quincy actor Kayla Shimizu stars in Moonbox Productions upcoming production of "Legally Blonde: The Musical," with music and lyrics by Laurence O'Keefe and Nell Benjamin and a book by Heather Hach, based on the novel "Legally Blonde" by Amanda Brown.

Directed by Katie Anne Clark with musical direction by Mindy Cimini and choreography by Taavon Gamble, "Legally Blonde: The Musical" opens on Dec. 8th and runs until Dec. 31st at the BCA Calderwood Pavilion - Robert Theatre located at 527 Tremont St., Boston.

Tickets are \$65 for Friday and Saturday evening performances and Sunday matinee, and \$45 for Thursday evening performances and Saturday matinee. Tickets are available at <https://bit.ly/legallyblondetix> or by calling 617-933-8600. Pay what you wish options are available at the box office.

Moonbox Productions' "Legally Blonde: The Musical" chronicles the journey of the famously perky Elle Woods, a fashion-savvy, UCLA sorority girl who finds her life turned upside down when she is dumped



KAYLA SHIMIZU

by her boyfriend Warner. In an effort to prove to Warner that she is more than just some blonde sorority girl, she follows him to Harvard Law School, where she struggles to fit in and do well. Ultimately, she defies expectations and manages to stay true to her delight-

fully pink personality.

The cast of Legally Blonde: The Musical includes Sarah Kelly (Elle Woods), Yewande Odetoynbo* (Paulette), Will McGarrah* (Professor Callahan), Darius Williams (Emmett), Keith Robinson (Warner), Kayla Shi-

mizu (Vivienne), Melia Jost (Serena), Ekaterina Hicks-Magaña (Margot), Emily Cochrane (Brooke), Lisa Kate Joyce (Pilar & U/S Elle), Lillian Salazar (Enid & U/S Paulette), Ryan Norton (Ensemble & U/S Warner, Emmett), Brian Michael Hoffman* (Male Ensemble/Dog Trainer), Ricky (Bruiser Woods), Carson Hollingsworth (Ensemble), Nate Walsh (Ensemble/Dance Captain), Errol Service (Ensemble), Victoria Santiago (Ensemble), Kara Chu Nelson (Ensemble & U/S Brooke), Eleni Kontzamanys (Ensemble), Ts Bunham (Ensemble), Brandon Wong (Swing) and Lauren Manna (Swing). (*Member of Actors' Equity Association).

"It is hard to think of a more complete 180 degree flip, to come off of a run of Sweeney Todd and land right in the pink and perky land of Legally Blonde, but such is one of the many great joys of theater," said Sharman Altshuler, producer and artistic director for Moonbox Productions. "We are ecstatic to bring this light-hearted, and hilarious musical to the Calderwood

Pavilion, and, on top of that, to be collaborating with our very first canine star (who is very pleased to hear that we are partnering for this production with the MSPCA)! We have an absolute dream team on stage and off, and we can't wait to get started! It will be happy holidays, indeed," said Altshuler.

The creative and design team includes Sharman Altshuler (Producer), Katie Anne Clark (Director), Mindy Cimini (Music Director), Taavon Gamble (Choreographer), Brian Robillard* (Production Stage Manager), Sarabeth Spector (Scenic Designer), Diego Farrell (Technical Director), Finn Bamber (Lighting Designer), Gage Baker (Sound Designer), Jessie Marasco (Production Electrician), Kailey Bennett (Productions Manager/COVID Safety Manager), Sean Watkins (Assistant Production Manager), and Katie Smith (Assistant COVID Safety Manager).

For every performance, Moonbox Productions collaborates with a local non-profit organization to help shed light on their mission, establish meaningful ties within the community,

and amplify the influence of their initiatives. For the upcoming performance of "Legally Blonde: The Musical," Moonbox is proud to join forces with MSPCA-Angell www.mspca.org.

The mission of the MSPCA-Angell is to protect animals, relieve their suffering, advance their health and welfare, prevent cruelty, and work for a just and compassionate society. A national and international leader in animal protection and veterinary medicine, the MSPCA provides direct hands-on care for thousands of animals each year. Founded in 1868, it is the second-oldest humane society in the United States and is comprised of four Animal Care and Adoption Centers, Advocacy and Humane Law Enforcement Departments as well as Angell Animal Medical Center; a state-of-the-art teaching hospital providing emergency, specialty and primary care veterinary services.

For more information regarding Moonbox Productions upcoming production of Legally Blonde: The Musical go to www.moonbox-productions.org.

Movie Review: 'The Marvels'

By BOB GARVER

The fall from glory of the Marvel Cinematic Universe continues with "The Marvels." This is not to say that this movie is the "worst" the MCU has ever put out (for one thing, there's no M.O.D.O.K. in sight), but the franchise has seen better days, both commercially and creatively.

I think the problem lies with its middling ambition. It tries to upgrade elements that had been previously relegated to the small-screen when it probably should have made the hard decision to downgrade some big-screen elements.

When villain Dar-Benn (Zawe Ashton) tears a hole in the universe, Carol "Captain Marvel" Danvers (Brie Larson) goes to investigate and is countered by Dar-Benn's minions. Monica Rambeau (Teyonah Parris) works on solving the prob-

lem from a space station under the supervision of Nick Fury (Samuel L. Jackson). Meanwhile, teenager Kamala "Ms. Marvel" Khan (Iman Vellani) just hangs out in her room in Jersey City, fantasizing about using her mutant powers to help the Avengers, especially Captain Marvel.

Suddenly the three switch places and are instantly in different settings. Without trying, they switch places several more times, ending up in the alien planet, the space station, or Kamala's family home. Carol's cat-like pet Goose also gets caught up in the switching, as do some of the similarly-bewildered henchmen, who nevertheless keep the battle going. After much confusion and hijinks, the day is won, but Carol, Monica, and Kamala all need to convene on a spaceship to sort things out. They determine that using their light-based powers at the same time is what causes the switch. They'd like to get a better handle on the matter, but Dar-Benn needs to be stopped before she tears the whole universe apart.

The film's action sequences mostly consist of the trio doing what they can with their individual powers, even though their

individual powers may not be what's needed at the moment. Staying close together means that the same three people are basically in the same place (hence why the inexperienced Kamala needs to be on the spaceship), but separations are inevitable. On the other hand, and this is learned through experience, the system also means that one can swap themselves out for another if the situation calls for the other person's powers.

It's fun watching the characters having to adapt to new settings in the midst of an action sequence. It's also fun watching them train to become fluent in switching. They visit a planet at one point where people only communicate in musical numbers, and of course that's fun. A sequence toward the end with Goose is one of the most fun Marvel has ever put out. And yet the film never succeeds on a level higher than "fun."

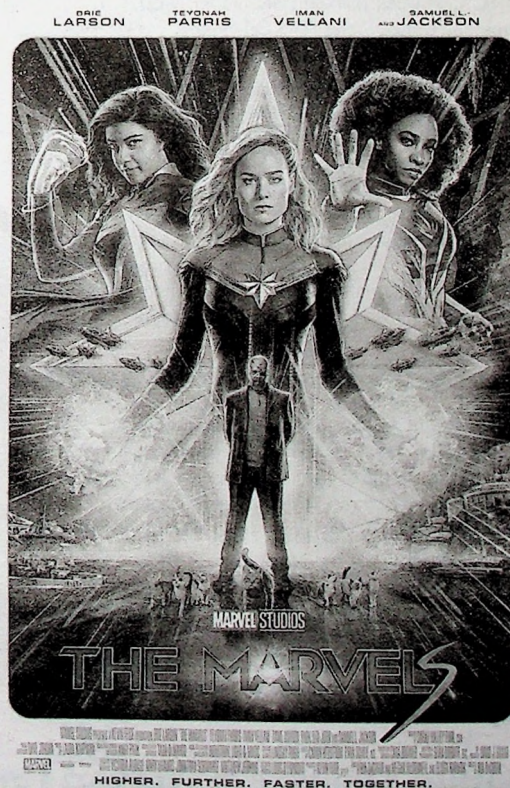
"The Marvels" lacks the gravitas that one expects from the MCU - especially on the big screen. Heck, it lacks the characters one expects from the MCU on the big screen. Yes, Captain Marvel had her own movie back in 2019 and was an important part of "Avengers: Endgame," but so far

the adult version of Monica Rambeau and the entire character of Ms. Marvel haven't been proven outside of streaming on the small screen. And I think a streaming series would have been a better fit for this chapter of the MCU.

Given some of the qualms I have with "The Marvels," a streaming series makes total sense. The movie's visit to singing planet Aladna seems rushed, maybe it could get its own episode. A minor conflict about Carol never returning to Earth to see Monica could be further explored instead of briefly mentioned and forgotten, all seemingly because an outline of the script called for a dramatic moment. Dar-Benn herself could be developed beyond a thousand-yard stare that's practically begging to be mocked. Most importantly, home viewing is more conducive to the hangout atmosphere where these characters thrive. I know that the MCU can produce hits for both the movies and home, but it needs to make better decisions about which properties should be which.

Grade: C

"The Marvels" is rated PG-13 for action/violence and brief language. Its running time is 105 minutes.



'Christmas At Houghs Neck-1893' Program Dec. 10

The Houghs Neck Historical Series sponsored by the Seaside Social Club of the Houghs Neck Congregational Church will present "Christmas at Houghs Neck - 1893" on Sunday, Dec. 10 at 2 p.m., 310 Manet Ave., Quincy.

This is a recreation of an

1893 show researched by Houghs Neck historian Patti Williams featuring songs and readings from the original show and other period appropriate additions. Come join the fun and sing along to the carols.

Free admission and refreshments.

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Social

Wollaston Garden Club Greens Sale Dec. 2

The Wollaston Garden Club will hold its annual Greens Sale on Saturday, Dec. 2nd from 9-11 a.m. at the Wollaston Congregational Church, 48 Winthrop Ave. in Wollaston Hill.

This event is typically sold out, the club recommends customers arrive early. Payment can be made by cash, check or Venmo.

Members have been scouting out places to gather fresh greens. Greens are trimmed from members' and friends' gardens as well as green spaces around the city. The club is always sourcing interesting materials to enhance its creations. All trimming is done in a sustainable way and ensures that the greens will continue to flourish.

Designers will be creating unique, fresh wreaths and swags decorated in a variety of styles to fit every taste. The sale will also feature distinctive indoor containers decorated for holiday displays and some outdoor decorations as well. The Lavender Sachets, a community favorite, are hand-crafted by club members using fresh lavender and will be available at the sale.

Teacher's gift ideas will also be for sale along with gift items and bows. And of course, there will be the club's perennial sellout - large bags of evergreens.

The Wollaston Garden Club is a member of the Garden Club Federation of Massachusetts and the National Garden Clubs, Inc. Website: thewollastongardenclub.com.

'Eliminate Clutter Once And For All' Topic At Crane Library Nov. 29

Thomas Crane Public Library will host "Eliminate Clutter Once and For All" event with Professional Organizer Barbara Graceffa Wednesday, Nov. 29 from 7 to 8 p.m. in the Community Meeting Room, Main Library, 40 Washington St.

During the event, Graceffa, an interior decorator, will help participants start the decluttering process, and determine what to keep, donate or toss. Attendees will learn strategies for maintaining a clutter-free home and are encouraged to bring photos or a list of their biggest clutter challenges to discover solutions that work.

The event is free to attend and no registration is required.

The program is sponsored by the Friends of the Thomas Crane Public Library.

Barbara Graceffa is a talented interior decorator, professional organizer, award-winning teacher, artist and quilter.

In 2007, Graceffa opened her first small business Secretary of the Interior, located in Quincy. She recently published her first book, "Inside Information: Secrets from an Interior Decorator," based on 10 years of advice columns written for The Quincy Sun.

Breakfast With Santa Dec. 2 At HN Congregational Church

Houghs Neck Congregational Church, 310 Main Ave., Quincy, will host "Breakfast with Santa" Saturday, Dec. 2 from 9 to 11 a.m. in Fellowship Hall (lower level).

An elevator is available to transport strollers and grandparents.

Admission is \$5 for chil-

dren 10 and under and \$7 for children over age 10 and adults.

The price of admission includes pancakes, sausage, juice, milk, coffee and a digital picture with Santa.

There will also be a 50/50 raffle.

Reservations are not required.

QHS/QVT Class Of '78 Reunion Nov. 25th

The Quincy High/Quincy VoTech Class of '78 will hold its 45th reunion on Saturday, Nov. 25th from 7 to 11 p.m. at the Braintree Moose Hall, 175 Howard St. in Braintree. All classmates are invited to attend.

Music will be provided

by Big BUTTAH Sound and DJ, playing songs from all our decades.

Price is \$50 per person and due ASAP. Payment can be made by check or Venmo. Send a check payable to: Susan (Buttomer) Prue, PO

By MELINDA MYERS

Tropical plants are filling our homes and workspaces, adding beauty, relieving stress, and boosting creativity, productivity, and focus. Keep these plants healthy and looking their best by providing for their basic needs.

Select plants that will thrive in the growing conditions found in your home or office and with your level of care. Busy gardeners should look for low-maintenance plants like ZZ plants, Chinese evergreens, pothos and philodendrons while others may choose ferns, peace lilies, baby tears and gardenias that require a bit more attention and care.

Light is the most common limiting factor when growing plants indoors. Matching the plants to the desired light is the first step in success. Plant tags, university websites and plant books can provide you with this information. If you are lucky enough to have an east- or west-facing window you can grow a wide variety of plants. High-light plants should be kept within two feet of these windows. Low-light plants can be set up to six feet back or off to the side of an east- or west-facing window or in front of one that faces north. Keep in mind buildings, awnings, trees, and sheers can decrease the amount of sunlight reaching the plants.

Fortunately, there are now more options for decorative energy-efficient grow lights available, expanding your indoor gardening opportunities. Pendants, clip-ons, floor lights and furniture-grade plant shelves provide the needed light for plants and add decorative elements to your home.

Proper watering is next on the list of key factors for healthy growth and longevity of indoor plants. Most tropical plants prefer evenly moist soil comparable to a wrung-out sponge. Water thoroughly preferable with tepid water when the top few inches of potting mix are starting to dry. Pour off any excess water that collects in the saucer. Allowing plants to sit in water can lead to root rot and plant death.

To achieve proper watering enlist the help of moisture-retaining products like organic Wild Valley Farms wool pellets (wildvalley-farms.com).

Made from wool waste, this sustainable product reduces watering by up to 25% and increases pore space in the soil for proper drainage and better plant growth.

Create attractive clusters of plants while increasing the humidity that most tropical plants need for healthier growth. As one plant loses moisture through the leaves, often called transpiration, the neighboring plants benefit. Go one step further by utilizing gravel trays. Set plant pots on pebble-filled saucers or trays. Allow excess water to collect in the pebbles below the pots. As this water evaporates, it increases the humidity around the plants. This also reduces your workload by eliminating the need to pour off excess water that collects in the plant saucer.

Add a few terrariums for plants like Venus fly trap,



PHILODENDRON IS just one of the low-maintenance tropical plant options.

Photo courtesy of MelindaMyers.com

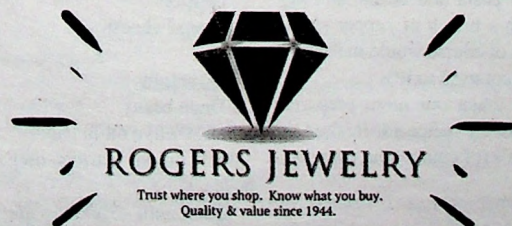
ferns and spike moss that grow best in high humidity and moist soil conditions. Purchase one or create your own from an old aquarium, or another clear glass container and add a lid to create a closed growing system. Select or create one that supports plant growth, complements your home's décor, and reflects your personality.

Provide a warm, draft-free location for your tropical plants. Most prefer the same temperatures, 65-75 degrees, that we do. Don't worry if you turn down the heat at night, most plants will be fine. Just do not trap them between the curtain and window where it is much colder than the rest of your home. Avoid cold drafts from doors and windows and hot drafts from heat registers that can be detrimental to your plant's health.

Add a few terrariums for plants like Venus fly trap,

You may need to move plants, adjust grow lights, and fine-tune watering as you get to know each plant's needs. Once you place them in the right location and provide the correct amount of light and water, your plants will grow and prosper.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant video and DVD series and the nationally syndicated Melinda's Garden Moment radio program. Myers is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Wild Valley Farms for her expertise to write this article. Myers' website is www.MelindaMyers.com.



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Quincy Rotary Club Holds Annual Alumni Luncheon

ROTARY CLUB of Quincy recently held its Annual Alumni Luncheon in October, reconnecting former and newer Rotarians in a spirit of service, friendship and fun. President Margaret Laforest welcomed 13 past presidents, current and past members, guests and a new Quincy Rotary-sponsored Interact Club for young people ages 12-18 from The Woodward School. The event also raised more than \$500 in a raffle, and the proceeds went toward ending polio globally. Past Presidents of Quincy Rotary are pictured (at right): front row - left to right: Angela Ponte 2001-2002; Ed Keohane 1978-1979; Marianne Peak 2012-2013; Margaret Laforest 2023-2024; Wendy Simmons 2018-2019; Dolly Di Pesa 2013-2014; Thomas Feenan 1989-1990; Barbara Clark 2021-2022; Harvey Kurr 1987-1988. Back row - left to right: John Pasciucco 2009-2010; Walter White 2006-2007 and 2014-2015; Walter Hubley 2022-2023; Patrick McDermott 2019-2020; and Jay Asher, 1993-1994.

Photo Courtesy Rotary Club of Quincy



WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Date Swirl Cookies

By MARIE

Today I am sharing a favorite cookie recipe that my mother used to make. She made these cookies for all special occasions and birthdays, and she also made them to have on hand for unexpected guests.

These cookies are delicious - a few steps but worth the work. I hope your family and friends enjoy these cookies as much as mine does.

Directions and Ingredients

Prepare a cookie sheet by greasing and pre-heating the oven to 350 degrees.

- 1 8-ounce packed of chopped dates
- 1 teaspoon vanilla flavoring
- 1 and 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 egg (beaten)
- 1/4 teaspoon salt
- 1/4 cup of milk
- 1/4 cup of sugar
- 1/4 cup of butter

Place dates in a sauce pan in 1/4 cup of water.

Cook on medium heat until soft, stirring intermittently.

Add 1 teaspoon of vanilla and set aside until dough is ready.

Cream sugar and butter. Add beaten egg and mix until smooth.

Add dry ingredients gradually with milk. Knead dough 3 or 4 minutes until smooth. If dough is sticky add a little more flour, one tablespoon at a time.

Divide the dough in two. Roll dough out into a rectangle. (Before rolling the dough be sure to sprinkle flour on your surface.)

Roll out to approximately 1/4 inch thickness.

Spread date filling on the entire rectangle and then roll up like a jelly roll.

Spray cookie sheet with cooking spray, or lightly grease with vegetable oil.

Repeat with second half of dough.

Place the roll on a cooking sheet top side up.

Bake for approximately 25 minutes in a 350-degree oven. Edges will be golden brown and top may be slightly split.

Once cooled top with icing.

Icing

- 1 box of confectionary sugar
- 6 tablespoons of milk (add more milk if necessary 1 tablespoon at a time)
- 1 teaspoon vanilla

Blend well, pour on cookie rolls when mostly cooled.

If you like, add sprinkles on the top of cookies. If you do add sprinkles, do this right away when icing is first added.

Once icing is set, (an hour or two) slice the date swirl rolls about 1 inch wide.

Pasta And Beans

By SUZIE

I grew up on pasta and beans, and my dad loved it with a bunch of pepper sprinkled on it (which of course would make him sneeze....but we got used to it!)

We all loved when our mom prepared this dish. Here is my recipe for it. Not as good as my mom's (of course) but tasty just as well!

- 1 16-oz. can white beans (pea, navy, Great Northern), organic preferred
- 4 Tbsp. olive oil
- 1 onion, chopped fine
- 2 carrots, chopped
- 2 Tbsp. dried basil
- 1 tsp. dried oregano
- 2-3 cloves minced garlic
- 16-oz. can tomatoes
- 1 tablespoon tomato paste
- 1 cup chicken broth
- 1-2 tsp. salt

- 1/2 lb. rice elbow macaroni
- pepper
- grated cheese

Directions

Drain beans.

Heat olive oil in pan.

Add onions, carrots, oregano, garlic and basil.

Cook until vegetables are wilted.

Add tomatoes, paste, broth, salt, and pepper.

Cover and simmer for about 10 minutes, until the vegetables are tender.

Add the drained beans and simmer for another 10 minutes.

Meanwhile, cook and drain the macaroni.

Toss with 1 Tbsp more olive oil and then mix with the bean sauce.

Enjoy and serve with a "sprinkling" of pepper and lots of parmesan.

North Quincy High School Among 17 Teams Competing On High School Quiz Show

After a successful Super Sunday qualifying event, High School Quiz Show, GBH's Emmy-award winning academic tournament for Massachusetts high schools, has announced the 17 teams that will compete for the title of Season 15 State Champion.

Cambridge's Buckingham Browne & Nichols School will return to defend their title, earned in the Season 14 final versus Mansfield High School, which also returns for Season 15. The bracket includes season 5 champion Acton-Boxborough Regional High School, season 9 champion Andover High School, Lexington High School, which won in seasons 7 and 8, and North Quincy High School, who won in seasons 4 and 13. For the first time, Boston College High School, Maynard High School, Roxbury Latin School, and St. John's High School in Shrewsbury are part of the bracket.

"We are thrilled to celebrate 15 seasons of High School Quiz Show with an exceptional roster of teams," said GBH Executive Producer Hillary Wells. "Some schools participated on the show in the past and others are beginning their High School Quiz Show journeys now. Whether new or experienced, the High School Quiz Show stage provides an equal playing field for these teams to showcase their academic talents and I am eager to watch this season's students and coaches reap the rewards of their hard work and dedication."

The bracket is determined by the schools receiving the highest scores at High School Quiz Show's Super Sunday qualifying event on Nov. 5. Fifty-four high school teams from across the Commonwealth

completed a written quiz at GBH's studios in Brighton with GBH sister station New England Public Media inviting four western Massachusetts teams to take the quiz at their Springfield location. In total, 58 Massachusetts teams competed for a spot in the televised tournament. More than 300 students from across the Commonwealth participated in this season's Super Sunday event.

The 15 teams with the highest scores from Super Sunday automatically qualified for a spot in the competition bracket. The 16th and final spot on the bracket will go to the winner of the Wild Card match between Maynard High School and St. John's High School. The annual Wild Card match features two teams representing high-scoring schools from Super Sunday that have not previously been on the show or have not competed in five or more years.

Throughout the 16-round competition, teams of four students will go head-to-head with winners advancing to the following round

until the top two teams compete in the championship showdown for the title of State Champion. Season 15 of High School Quiz Show will premiere on GBH 2 and the High School Quiz Show YouTube channel on Saturday, Feb. 3 at 6 p.m.

The full list of teams competing for the title of Season 15 High School Quiz Show State Champion is as follows:

Acton-Boxborough Regional High School, Acton; Andover High School; Boston College High School, Dorchester; Buckingham Browne & Nichols School, Cambridge; Commonwealth School, Boston; Hopkinton High School, Lexington High School, Littleton High School, Mansfield High School, Maynard High School, Phillips Academy, Andover; Roxbury Latin School, West Roxbury; St. John's High School, Shrewsbury; Somerville High School; South High Community School, Worcester and Weston High School.

QHS Class Of 1998 25th Reunion Dec. 2

Quincy High School Class of 1998 will hold its 25th reunion Saturday, Dec. 2 at Kilroy's on the Square, 24 Cottage Ave., Quincy Center at 7 p.m.

Tickets are \$25 and can be purchased in advance via Venmo: @QHS-1998. Tickets will also be sold at the door.

There will be a cash bar and appetizers. Any questions can be directed to qhsclassof1998@gmail.com.

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Helping Hands Stepping Up This Holiday Season

What Charities Need, How Public Can Help

By SCOTT JACKSON
Now more than ever, local charities need your help this holiday season to provide assistance to the individuals and families they serve, as the rising costs of housing, utilities, food and

other household expenses are impacting many in the community. Local non-profits report they are serving more clients this year than they have in the past. To help keep pace with the rising de-

mand, those charities need additional assistance from those who can give. Residents who can help can do so in myriad ways, such as giving food, toys, household supplies, money and gift cards. Charities are also in need of volunteers – not just during the holiday season, but year-round.

Below is a list of some of the local organizations making a difference this year and how the public can land them a hand.

Quincy Community Action Programs

Local individuals and families are facing some of the most critical financial challenges that Quincy Community Action Programs, Inc. (QCAP) has witnessed since the organization's founding in 1965.

Local food insecurity remains alarmingly high, and is compounded by the need for housing and heating assistance as rents continue to skyrocket. Many elderly, adults and children are facing the threat of hunger and homelessness, with little relief in sight.

The average rent for a

two-bedroom apartment in Quincy is \$2,772 per month, equating to over \$33,000 per year. A single parent making minimum wage grosses less than this at \$31,200 per year. In order to spend 30 percent of income on housing, the household income would need to be over \$99,000 annually. This is simply out of reach for many households.

QCAP is seeing this reflected in those reaching out for help. QCAP's Housing Program is experiencing a 40 percent increase in clients reaching out for housing search assistance. Last winter, QCAP had a record number of people apply for food and fuel assistance, and the staff expects to see the same this year. In addition, the income level of those reaching out for help at the food pantry is lower than ever previously seen, indicating the depths of the economic impacts on those in need.

"We are seeing not only people with very low incomes coming in for help, but also those whose income puts them just over the emergency assistance eligibility criteria for housing. For those people there

are extremely limited resources," said CEO Beth Ann Strollo.

In response to the growing need, QCAP opened the expanded South West Community Center (SWCC) in November 2022. The SWCC is home to a larger food pantry, in addition to other QCAP services such as financial coaching, family engagement activities, and critical housing, energy and child care assistance. To support families during the holiday season, the SWCC distributes holiday gifts and meals in addition to the regular monthly food orders.

QCAP provided over 650 full Thanksgiving dinners this year and expects to distribute an additional 650 holiday food orders, including hams, during December.

Suggested holiday donations include frozen turkeys and other holiday meal essentials, including cranberry jelly, turkey gravy, canned pie ingredients, and cooking oil and spices. Food donations to QCAP's food center help to fill gaps caused by an increased need over the last 18 months, and they help supply the pantry with items that are more difficult

to find.

In addition to holiday meals, QCAP will also be providing gifts to nearly 1,000 children this holiday season. These children include those enrolled at the South West Community Center's Food & Nutrition Program and children who attend QCAP's Head Start early learning center.

The South West Community Center is accepting donations of food as well as gifts for children 12 & under through Dec. 20. More information on the Holiday Food & Gift Drive can be found at qcac.org.

In addition, there is an ongoing need at the Center for donations of non-food items such as cleaning supplies, toilet paper, feminine products, soap, and toothpaste and toothbrushes.

"With the cost of food and housing on the rise, families are faced with difficult decisions about whether to pay their rent, their heating costs, or put food on their tables. A donation to QCAP helps us ensure that households get healthy, nutritious food and other critical wrap-around services,"

Cont'd On Page 11

Social Security Matters

Ask Rusty: Can I Voluntarily Suspend My Social Security Payments

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: My wife retired in 2015 and is receiving Social Security. I am past my full retirement age, and I still work. I recently filed for Social Security benefits and received my first payment earlier this month, and my benefits are around three times my wife's. I now find that, due to other income, I am having some regrets about filing for Social Security, as the taxes will be complicated. So, my questions are:

1. If I do a "Voluntary Suspension," can my wife still apply to get up to 50% of my benefits, or do I have to be "actively" receiving Social Security benefits? In other words, does the "Bipartisan Budget Act of 2015" prevent this?

2. If I do a "Voluntary Suspension," how soon could I "restart" my benefits?

Signed: Having Second Thoughts

Dear Second Thoughts: The Bipartisan Budget Act of 2015 closed a loophole which previously allowed someone to file for their Social Security retirement benefit in order for their marital partner to claim a spousal benefit, after which the primary beneficiary could suspend their own benefit and allow it to grow to maximum at age 70. That "file and suspend" option went away in April of 2016; thus, your wife cannot claim her spousal benefit while your Social Security retirement benefits are suspended (you must be "actively" receiving benefits for your wife to get benefits on your record).

Nevertheless, because you've already reached your full retirement age, you can voluntarily suspend your benefit payments at any time to allow it to continue growing by simply calling Social Security at your local office (or at the national number 1.800.772.1213) and asking them to do so. Your wife will not receive her spousal benefits for any months your benefits are suspended, but she would continue to get her own SS retirement amount (only the spousal portion of her monthly amount would be suspended).

You will be able to restart your benefits at any time by calling Social Security again and asking that your benefits be resumed. You can suspend and restart your benefits as needed (no restriction on how many times), but they will only start/resume the suspension effective with the month following the month you call. And, as you likely already know, for each month your benefits are suspended you will earn Delayed Retirement Credits (DRCs) resulting in a higher payment amount later.

Just for clarity, voluntary suspension of benefits is only available to those who have reached full retirement age but is an excellent way to increase your monthly Social Security payment. Your benefit will grow by .667% for each month suspended and, if your benefit is still suspended when you turn 70 years old, Social Security will automatically resume payments at that time, at your higher maximum monthly amount.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisory@amacfoundation.org.

North Quincy Traffic Study Sought

By SCOTT JACKSON

Ward 6 Councillor William Harris wants the city's traffic engineer to review cut-through traffic in North Quincy. Harris also wants the city to work with the state to design and construct a new intersection where East Squantum Street and Quincy Shore Drive meet.

Harris introduced a resolution concerning those two items during the Nov. 13 City Council meeting. The resolution was approved by voice vote and referred to the council's public safety committee.

Harris said cut-through

in North Quincy has been a nightmare for the residents he represents.

"This resolve is my desperate effort after almost eight years of pushing to assist the cut-through streets in Ward 6, which has been a nightmare for the residents with respect to speeding and in and out with disregard of public safety," he said.

"The cut-through traffic affects residents crossing the streets, leaving their homes, getting in and out of their cars, walking their children."

The resolution identi-

fies Conant Road, Atlantic Street, Billings Street, Webster Street, Appleton Street, Milton Road, Colby Road and North and South Bayfield Road as streets where cut-through traffic occurs. Each of those roads connects to Quincy Shore Drive.

The resolution asks that the city's traffic engineer "review and create a comprehensive traffic study" regarding the cut-through traffic on those streets. At the request of Council President Noel DiBona, Aphorpe Street was added to the list

of streets that will be studied; Aphorpe Street likewise connects to Quincy Shore Drive.

The resolution also asks the mayor's office to work with the state Department of Conservation and Recreation, the state Department of Transportation and the city's delegation on Beacon Hill to secure the funding necessary for the redesign and construction of a new intersection where East Squantum Street and Quincy Shore Drive meet. The latter road is owned by the DCR.

NOTICE OF PUBLIC HEARING

Notice of Public Hearing

The Quincy City Council will hold a Public Hearing on Monday, December 4th at 6:50 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy on Council Orders:

- 2023-111 – Order – Discontinuance of a portion of Parkway from Walter Hannon Parkway to Dead End
- 2023-112 – Order – Acceptance of the General James C. McConville Way layout as a Public Right-of-Way
- 2023-113 – Order – Acceptance of Walter J. Hannon Parkway layout from Parkway to the former Ross Way as a Public Right-of-Way
- 2023-114 – Order – Acceptance of the General Joseph F. Dunford Drive layout as a Public Right-of-Way

A copy of the order may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA Monday through Friday during regular working hours 8:30 A.M. to 4:30 P.M. Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comments must be received prior to noon on December 4th, 2023 to be entered into the record.

A TRUE COPY
ATTEST: Nicole L. Crispo
Clerk of Council



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Real Estate

Quincy Real Estate Transactions Nov. 9 - Nov. 17

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

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Hesham Aly
Cimino Realty Trust
Dauntless Path LLC
Alan Cohen
Gina Carter & Gina Fienberg
Jade & Xiaoyu Zhang
West Street Realty Trust
Bruce & Mary E. McAllister & Mary S. Croteau
Eileen T. Kerwin & Nora P. Kerwin
Nancy E. & Vincent A. Quilty
Pistorino Family 2004 Trust
Christopher J. & Heidi J. Myers
Rudi Ottariano & Marissa Borselli
108 Butler Road Realty Trust
Nancy J. Connolly
Helen M. Monteagudo, Paul L. & Peter P. Monteagudo
Mytran Q. Tran
Plourde Family Irrevocable Trust
Connors Family Realty Trust
Brian V. & Kelley Condon
Lyons Irrevocable Home Trust
Xuefen Peng
Scott I. McPartlin & Wendie E. McPartlin

BUYER

Zachary Cook & Maria Maniatis
Henry Chen & Mariana Huang
Flomo Freeman
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Xiaoyong Zhang & Qingyun Mei
Michael C. Golden
Chunmei Liu & Lijie Sun
Yongxi Zhang
Samantha J. Querques & Alexander C. Corcoran
Vincent Zhang & Zhuoming Tang
Susan E. Lofchie Irrevocable Trust
Colleen P. Moran & Christopher T. Matacunas
Emma F. Ye
Michael J. & Carolyn Boyd
John E. Bergonzi & Anthony Sansevero
Quinn & Hao Phan
Zhi G. Zhang & Lanmei Zheng
Ashley E. Fish
Doanh & Duong T. Vo

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\$435,000.00
\$785,000.00
\$562,000.00
\$635,000.00
\$436,000.00
\$710,000.00
\$1,400,000.00
\$1,175,000.00
\$780,000.00
\$853,500.00
\$525,000.00
\$660,000.00
\$390,000.00
\$550,000.00
\$625,000.00
\$530,000.00
\$900,000.00
\$375,000.00
\$625,000.00
\$730,000.00
\$730,000.00
\$675,000.00
\$670,000.00
\$612,000.00

ADDRESS

41 Harrington Avenue Unit 41
9 Marsh Street Unit 1
57 Lind Street
15 Miriam Street
40 Cross Street Unit A-21
248 Fenno Street
68 Atlantic Street
12-14 West Street
172 Whitwell Street
80 Henry Street
61 Crosby Street
51 Hovey Street
19 Filbert Street
12 Thomas Street
108 Butler Road
100 Marina Drive Unit 511
52 Parke Avenue
35 Desmoines Road Unit 405
58 Common Street
17 Trevore Street
77 Bromfield Street
14 Standish Avenue
2 Cliveden Street Unit 505E
17 Caledonia Avenue

Norfolk County 'We Remember Our Veterans' Event

It may have been just one night, but it culminated into more than 230 years of saying thanks, as the Norfolk County Registry of Deeds honored its veterans with the release of its third volume of Notable Land Records titled "We Remembered Our Veterans."

"There is a lot of history in these halls at the Registry of Deeds, and tonight was a night that we could say thank you to all past, present, and future veterans of Norfolk County. Our Notable Land Record book pays our respect and thanks for the countless contributions and sacrifices of our county veterans from the Revolutionary War to present-day peacekeepers. It also pays tribute to the veteran organizations, veteran agents, and families of veterans," O'Donnell said.

The evening took on a special significance as Secretary of Veterans' Services Jon Santiago, the highest-ranking state veteran's official in the Commonwealth, spoke about the role of veterans and the sacrifices they make on behalf of our freedoms. Specifically, he talked about the challenges that some veterans have had transitioning back to civilian life. He stated, "I want to serve those who served us."

The opening of the ceremonies with the posting of the colors was called by Norwood Veteran Services Director Ted Mulvehill and was performed by the Norfolk County Sheriff's Honor Guard. The audience was treated to a beautiful rendition of the National Anthem by the Norwood High School group, the Madrigals.

Walpole resident and attorney Steven Brady, a 20-year veteran of the U.S. Army who did two tours of duty in Afghanistan and

was awarded the Bronze Star, led the crowd in the Pledge of Allegiance. He spoke briefly, "As veterans, we all had different jobs."

The one thing we had in common was that a veteran is someone who left their family, their home, and their life."

Norfolk County Sheriff Patrick McDermott did a memorable version of "God Bless America." He also spoke about a past generation of McDermotts, the "seven McDermott brothers," all of whom served their country, five during World War II.

Those who attended the event were able to stroll the Registry's Great Hall and view the fascinating storyboards detailing the history of the various military branches, how a country honors its veterans, and the list of the 20 county veterans who were awarded the Medal of Honor. Attendees of the event were given a free copy of "We Remember



NORFOLK COUNTY Register of Deeds William P. O'Donnell (left) with Jeanette Rose-Gutshall, a Gold Star wife from Weymouth, and Massachusetts Veterans' Services Secretary Jon Santiago at the "We Remember Our Veterans" event Nov. 8 at the Norfolk County Registry of Deeds.

Courtesy Photo

Our Veterans."

O'Donnell was especially honored to have in the crowd Jeanette Rose-Gutshall, a Gold Star wife from Weymouth, who spoke about the Notable Land Records book. "This is a history book. I love that it tells

the story of the United States Presidents born in Norfolk County, and the pictures are terrific."

To learn more about these and other Registry of Deeds events and initiatives like us at facebook.com/NorfolkDeeds or follow

us on twitter.com/NorfolkDeeds and instagram.com/NorfolkDeeds.

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance or if you would like a free copy of "We Remember Our Veterans" Booklet can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.



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Helping Hands Stepping Up This Holiday Season

Cont'd From Page 9

said COO Kristen Schlapp.

The pantry at the Center is accessible to clients and donors five days a week. Hours of operation are 9 a.m. to 4:30 p.m. on Mondays, Tuesdays, Thursdays, Fridays. Wednesdays it is open later—from 11 a.m. to 6:30 p.m.—to accommodate working families. For more information on the services the food center provides or donations needed, please call 617-471-0796.

QCAP also provides heating assistance to residents in Quincy, Braintree, Milton, and Weymouth. Heating assistance can help significantly reduce monthly bills, even if heat is included in the rent. For more information on this, please call 617-657-5301 or visit qcap.org.

Rental assistance is also available through QCAP's housing program. QCAP has helped families avoid eviction through rental assistance funding and advocacy. For more information on eligibility, please call 617-657-5376 or visit qcap.org.

"We would not be able to do the work we do during these challenging times without the support of a caring community, we are grateful for the ongoing support of our community, volunteers, and donors," Strollo said.

For more information on how to support the Holiday Food & Gift Drive, please contact QCAP's Director of Development & Marketing, Anna DeBiasi at adebiasi@qcap.org.

Father Bill's & MainSpring

Residents looking to help out Father Bill's & MainSpring (FBMS) this year can visit helpfbms.org/holidays to find out the various ways to assist your neighbors who are facing a housing crisis.

FBMS' top need is monetary donations to help the organization assist the growing number of individuals and families experiencing homelessness in our region. Particularly during the winter, FBMS relies on

private monetary donations to increase its shelter capacity to try to ensure that no one has to sleep outside or in their car.

As the kitchen in FBMS' brand-new Yawkey Housing Resource Center gets up and running, the agency is in need of prepared meals and bagged lunches to help during this transition period. If you can help, please email volunteer@helpfbms.org or call 857-275-7454.

To assist families in need, FBMS is requesting gift cards in lieu of presents. Gift cards provide families with the most flexibility. Gift cards can be provided in any denomination from any large stores, such as CVS, Shaw's, Stop & Shop, Target and Walmart.

To donate high-need items to FBMS, visit tinyurl.com/amazonfbms for a full list of items and to ship them directly to FBMS. This winter, shelter guests are in need of winter boots, hand and feet warmers, gloves, thermals, hooded sweatshirts and sweatpants (men's & women's brands, all sizes), and underwear.

Donations can be dropped off or mailed to: Father Bill's & MainSpring, 430 Belmont St., Brockton, MA 02301. Donations are processed in Brockton, then distributed to the Yawkey Housing Resource Center (HRC) in Quincy.

Father Bill's & MainSpring serves more than 5,000 households annually, including more than 900 individuals at our Quincy shelter. The agency also operates more than 700 per-

manent supportive housing units across Southern Massachusetts, including more than 300 units in the Quincy area alone.

Interfaith Social Services

Interfaith Social Services provided meals to 1,600 households this Thanksgiving and will distribute 4,000 gifts to children this holiday season, according to Executive Director Rick Doane. Inflation, federal benefit cuts and the high cost of housing in our region have brought a record-setting number of new clients to Interfaith in search of assistance.

Interfaith operates one of the largest emergency food programs in Greater Boston. Each year its food pantry distributes more than 90,000 bags of groceries and hygiene supplies to clients in Quincy and across the South Shore. In addition, Interfaith operates a mental health counseling center, homelessness prevention program and the Bureau Drawer Thrift Shop.

The organization's food pantry serves thousands of local residents each month, said Doane, and Interfaith is always in need of monetary donations to support its emergency food program. Interfaith places a priority on providing clients with healthy, fresh foods and funds are always needed to supplement rescued food and donated nonperishables with fresh produce, meats, eggs and dairy.

Interfaith believes that hygiene is a right and not a luxury. The organization asks that donors collect personal care items, such

as shampoo, toothpaste, toothbrushes, soap and deodorant. The agency is also always in need of feminine hygiene products, diapers (especially larger sizes), personal care items and incontinence products. There are no federal assistance programs to cover any of these necessities.

Donations can be dropped off at Interfaith's building at 105 Adams St. in Quincy Center from 12-3 p.m. Monday through Friday and until 7pm on Tuesdays. Items can also be purchased through Amazon and shipped directly to Interfaith's offices.

Interfaith relies on volunteers year-round. Doane said the organization is always looking for residents who can make a commitment to volunteer for three hours each week for at least several months.

"Interfaith Social Services was founded in 1947," said Doane. "For more than 75 years, countless Quincy residents have been served by our programs and it is all possible because of the culture of neighbors helping neighbors that exists in our community. We are incredibly grateful to the city of Quincy and its residents that make our work possible."

For more information, visit interfaithsocialservices.org or call 617-773-6203.

DOVE

The annual holiday assistance program at DOVE (Domestic Violence Ended)

is underway. Please join the organization in supporting families impacted by domestic violence and poverty.

To participate, email dove.elfteam@gmail.com.

DOVE will provide a list of options where donors can choose to support a specific family, donate general goods to the shelter or help support its much needed general gift-card drive to support families through the holidays and beyond.

Donors who choose to adopt a specific family will receive their family's holiday gift card wish list no later than Dec. 1. To ensure that each of DOVE's more than 150 families receive their gifts before the holidays, donors should schedule a drop off time no later than Dec. 13.

DOVE will provide you with the address of its drop-off location in Quincy.

If you wish to make a financial contribution to support DOVE's work, or the holiday assistance program, see DOVE's website, dove-ma.org, or email Jessica.Cohen@dovema.org.

The Salvation Army

For more than 125 years, The Salvation Army of Quincy has provided Christmas assistance to families, providing them with toys, gifts, clothing, and food, said Capt. Adam Boynton. With more people in need, they are asking for your help.

There are several ways you can make change happen, said Boynton.

The Salvation Army's biggest fundraiser of the year is the Red Kettle Campaign. Boynton said the goal is to raise \$100,000 during the campaign, which runs from Nov. 18 to Dec. 23. Money collected from the Red Kettle Campaign supports The Salvation Army year-round.

"With the economic struggles of this past year, and the looming utility price increases, we'll need even more funds to help meet the need," Boynton said.

"Please consider donating as you pass a Red Kettle located at a Walmart, Star Market, Shaw's, Hobby Lobby, South Shore Plaza, and Stop & Shop. Think about it, if even half of the residents of Quincy gave \$5, we would exceed our goal!"

The Salvation Army also needs individuals, families, businesses, or service groups who can sponsor children to purchase clothing and toy items for its clients. Children's names, ages, gender, clothing sizes, and toy wishes are placed on an angel tag, which is given to the sponsor. You would shop for the child and then return the gifts to The Salvation Army, located on Baxter Street.

To sponsor a child and obtain angel tags, you can contact the Salvation Army office at 617-472-2345.

"We are blessed by the generosity of this community," Boynton said. "We look to you again with anticipa-

Cont'd On Page 13

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Kilroy Square Holiday Market Starts This Weekend

By SCOTT JACKSON

The Kilroy Square Holiday Market will return to Quincy Center for two weekends starting this Friday.

The Board of License Commissioners on Nov. 14 granted the Quincy Chamber of Commerce six one-day liquor licenses for the annual holiday market, which will be held in Kilroy Square at 25 Cottage Ave and The Gallery, which is located next to Kilroy Square.

The Kilroy Square Holiday Market will take place this weekend and next - Friday, Nov. 24 through Sunday, Nov. 26 and Friday, Dec. 1 through Sunday, Dec. 3. The market will be open from 4 to 9 p.m. on both Fridays and from 11 a.m. to 4 p.m. on Saturdays and Sundays.

The holiday market will take place inside a heated tent set up on Kilroy Square. Chamber President Tim Cahill said some 25 vendors will set up shop inside the tent each night the market is open. Boy Scout Troop 42 will be selling Christmas trees and wreaths outside the tent.

Food and beverage vendors will be setting up shop inside The Gallery, Cahill said; those include Window-maker Brewing, which will offer beer, and The Townshend, which will offer cocktails. Patrons can take those beverages with them into the heated tent. In addition, a pair of food trucks will be operating outside each night.

In other business on Nov. 14, the Board of License

Commissioners:

- Granted the request of the Merrymount Association for a special-use permit for the annual Merrymount Turkey Trot, which will take place this Thursday, Nov. 23, starting at 7 a.m. The race will begin and end at Merrymount Beach.

- Granted the request of Hometown Hand Pulled Noodles LLC d/b/a Hometown Rice Roll and Dumping for a common victualler license for the premises at 663 Hancock St. Attorney Russell Chin said the new restaurant will feature a different menu than the restaurant that is on site now. The new eatery will be open from 11 a.m. to 9:30 p.m. Monday through Thursday and from 11 a.m. until 10 p.m. on Fridays, Saturdays and Sundays.

- Granted the request of MSMpizza Inc. d/b/a The Old Railroad Café for a common victualler license for the premises at 273 Willard St. following a change in ownership. The restaurant will be open from 11 a.m. to 10 p.m. seven days a week. New manager Sherif Khalil said he does not plan to change the menu but wants to "take it to the next level" by expanding the business.

- Granted the request of Kwench Juice for a common victualler license for the premises at 1346 Hancock St. The café, a national chain that has several other locations in the Boston area, specializes in fresh juices and acai bowls. The Quincy Center location will be open from 8 a.m. to 5 p.m. seven days a week.

- Granted the request of

Team Car Care East LLC d/b/a Jiffy Lube for a garage repair license for the premises at 645 Washington St., formerly home to Lube Lab. The shop will be open from 8 a.m. to 6 p.m. Monday through Saturday.

- Granted the request of Quincy Hungry Tummy, 35 Franklin St., for a change

in the hours for its liquor license to 8 a.m. to 1 a.m. six days a week, and 10 a.m. to 1 a.m. on Sundays. The restaurant's previous hours were 11 a.m. to 10 p.m. seven days a week.

- Granted the request of L & H Corp LLC d/b/a Wolaston Wine & Liquors for a change in manager for its

all-alcohol retail license from George Haivanis to his son Maximillian Pano Haivanis. The son has worked at the store for the past decade.

- Granted the request of J&A Retail Inc. d/b/a West Quantum Market & Liquors for the transfer of the all-alcohol license presently

held by KH Retail Inc. for the premises at 203 West Squantum St. Attorney John Mooradian said his clients were purchasing the existing store on site and did not plan to make any changes to its footprint. They will use ID scanners to help ensure alcohol is not sold to minors.

The Gift Of Gratitude

By LORI SCOTT

GRATITUDE: derived from the Latin word gratia, which means grace, graciousness, or gratefulness. The quality of being thankful. Readiness to show appreciation for and to return kindness. Gratitude is known as the highest level of thought - a practice of facing difficulties with an open heart, accepting our problems by choosing a better way of living despite troubles. When one embraces gratitude, they immediately shift focus from negative to positive thinking - an essential ingredient of a happy and fulfilling life.

When we think of gratitude or abundance, so often it starts with something from outside of ourselves. For example, we think of having money, things or people in our lives. However, true abundance and gratitude comes from acknowledging the great gifts contained within you.

A Harvard Medical School study had people participate in gratitude journaling. MRI testing showed that parts of the prefrontal cortex became bigger after 40 days of practicing gratitude! Their brains physically changed, improving executive performance, problem solving, reasoning, comprehension and creativity. A 2021 review of research also found that keeping a gratitude journal is associated with a significant drop in diastolic blood pressure, lowering your risk for heart disease. Giving thanks can actually make you happier and healthier!

The research goes on to explain that people express gratitude in three ways. The first is by referring to the past to reflect on positive memories. The second, being in the present, without taking anything for granted. The third is maintaining a positive outlook about the future.

Regardless of which way gratitude is expressed, Harvard researchers believe that giving thanks is strongly and consistently associated with greater happiness, improved health, ability to deal with adversity and helps build strong relationships. Gratitude is a tool that can be cultivated and strengthened over time with practice.

How does it work?

When you first begin this practice, it's easy to be grateful for obvious things such as family, friends, food, water, shelter, etc. After about 10 days, you run out of the obvious things you are normally grateful for. That's when the shift happens because you have to actively seek out positive things. With this heightened awareness, you're not looking for things that bother you because they are simply not on your radar anymore - your brain is only focused on being optimistic. Over time, this practice just becomes a way of life.

How to start a gratitude practice.

- It's helpful to put little stop signs into our daily lives as a reminder to give thanks. Pick something like a sound you hear often throughout your day such as a phone ringing, or an activity such as washing your hands or sending a text. Each time you hear or do this thing, you'll just pause for a few seconds, notice where you are, what's happening and something you are thankful for.

- Maybe you decide to write down a few things at bedtime each night. If journaling isn't your thing, perhaps you fill a jar with small notes or tell a friend or family member each day. It doesn't matter how you express your gratitude, as long as your practice works for you and it is consistent. Get the whole family involved and read your notes together at the end of the year!

- Take a social media break and go for a walk or hike. Smell the pine, notice the beautiful colors, feel the crunch of leaves beneath you. Appreciate Mother Earth. Getting outside with nature is one of the easiest ways to exercise your gratitude muscle.

- If you are having trouble finding gratitude in a certain task, try 'habit stacking' during annoying activities. Simply pair unpleasant tasks with something you love. Listen to your favorite music while doing laundry or sip a soothing cup of tea in your favorite mug when balancing your checkbook. Making chores more enjoyable can help you find moments of gratitude.

- The same goes for your thoughts. Everytime you find

MONTHLY MINDFULNESS

By Lori Scott, E-RYT 500

OWNER OF LORI SCOTT YOGA & WELLNESS



yourself thinking or saying something negative, try immediately pairing it with something positive. Psychology researchers believe that for every negative thought, it takes 7 positive ones to reverse it. There is always something to be grateful for, practice finding the silver lining in every situation.

- Affirmations help to strengthen your gratitude practice. Simply repeat phrases throughout the day such as: *In this moment, I have all that I need. I am grateful. I am content with what I have and where I am. I am grateful for my body and all of its imperfections. My needs are being met. I am breathing. I am warm. I am safe. I have enough. I do enough. I am enough.*

- In the spirit of National GRATITUDE Month, try replacing "I'm sorry" with "thank you". For example, instead of saying "sorry I'm late", say... "thanks for waiting for me".

As you practice giving thanks on a daily basis, your brain may be better equipped to handle difficulty with optimism. Think of it like you're training for a marathon. Each day, you devote some time to building your strength and endurance. When the big day arrives, your training will carry you, you're ready. The same goes for challenging times in your life. When life throws you a difficult situation, you're ready for it. You trained for it. Even in the most challenging times, living gratefully makes us available to learning and growing. That's the real practice, when you can put it into action and maybe even say thank you for the problems in life, because these challenges are valuable lessons you can learn from.

Giving thanks allows us to make peace with our lives. If you can't make peace with your current situation, that's okay. Try holding some space for courage and kindness. From this mindset, we are then able to extend ourselves with care and compassion to others.

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns problems into blessings. It turns the unexpected into gifts. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home and a stranger into a friend." - Melody Beattie

So, the question is... Why practice giving thanks for just one month? Lucky for us, a mindfulness practice is one of the best ways to express gratitude all year long!

Practice GRATITUDE with us and join our yoga community! Our welcoming, non-competitive community meets every Sunday at 8 am. We've moved indoors from our beach season to the Fore River Clubhouse, 16 Nevada Rd. in Quincy. Class is for all levels, beginner friendly. No yoga experience, flexibility or sign up needed. Together, we practice breathing, slowing down and having some fun. 'Easy like Sunday morning' is our motto! Class is \$15/p.

Lori is an experienced 500 hour Certified Yoga Teacher with Yoga Alliance, Founder & Director of Registered Yoga School (RYS 200) and a Yoga Alliance Continuing Education Provider. Lori specializes in leading retreats, certification programs, 200 hour Yoga Teacher Trainings and facilitating Meditation and Stress Management classes for local corporations.

In addition to teaching yoga, meditation, wellness classes & workshops, Lori is a trained Trauma-Conscious Yoga Teacher offering free yoga to Service Members, Veterans & First Responders. Lori also holds certifications in Clinically-Informed Restorative Yoga, Kids Yoga, Seniors Yoga, Chair Yoga, Balanced Athlete® and Barre. Lori is mostly known in the community for teaching her signature Beach Yoga classes.

www.loriscottyoga.com.

Christmas Parade Live On Quincy Access TV

Quincy Access Television (QATV) announces the 2023 Quincy Christmas Parade will be shown live at 12:30 p.m. on QATV-8, QATV-HD 1072 and online at www.QATV.org on Sunday, Nov. 26th. QATV's Joe Catalano and QATV member/volunteer Krystyne Cheever will anchor coverage of the 70th annual parade.

For more information about QATV's Christmas Parade coverage, visit www.QATV.org or call 617-376-1440 ext. 224.

14 Quincy Students On Wentworth Dean's List

Fourteen students from Quincy were named to the summer semester Dean's List at Wentworth Institute of Technology in Boston.

They are:

Samuel Benson, Tiffany

Phan, Huy Tran, Matthew Wong, John Zheng, Li Qi Chen, Evan Dyer, Sarah Glozheni, Michael Nguyen, Dylan O'Brien, Jordan Ortiz, Tedi Qafko, Tai Truong and Duy Vo.

QHS Class Of 1998 25th Reunion Dec. 2

Quincy High School Class of 1998 will hold its 25th reunion Saturday, Dec. 2 at Kilroy's on the Square, 24 Cottage Ave., Quincy Center at 7 p.m.

Tickets are \$25 and can be purchased in advance via Venmo: @QHS-1998. Tickets will also be sold at the door.

There will be a cash bar and appetizers. Any questions can be directed to qhsclassof1998@gmail.com.

Helping Hands Stepping Up This Holiday Season

Cont'd From Page 11

tion and know that with your help, we can rise to meet the needs of our neighbors."

Quincy Animal Shelter

Those looking to help out our four-legged friends can do so this holiday season by supporting the Quincy Animal Shelter.

Sandra Sines, president of the Quincy Animal Shelter's board of directors, said there are several items the shelter is most in need of this year. They include gift cards to any grocery store or pet store; unscented bleach; Dawn Original Blue dish detergent; Stewart dried liver treats for dogs; and Fancy Feast or Friskies canned food for cats.

For more information, you can visit quincyani-

malshelter.org or call 617-376-1349.

Norfolk County Registry of Deeds

The cost of living has become increasingly challenging for many individuals and families across Norfolk County, making it difficult to afford basic necessities such as food, which can be especially difficult during the holiday season when the pressure to provide for loved ones is heightened. Between now and Dec. 14, the Norfolk County Registry of Deeds is hosting a food drive to help out those in need.

"There is no doubt that Norfolk County is a desirable place to live and to work. However, there are people throughout the county who are truly hurt-

ing," said Register of Deeds William P. O'Donnell. "This year, we, as a community, have seen a rising demand for food assistance, and it is crucial that we come together to support those in need. By participating in the annual Registry of Deeds food drive, we can make a significant impact this holiday season."

According to the latest Project Bread statistics, 18.8 percent of households in Massachusetts are considered food insecure. Furthermore, 21.9 percent of children in the state are also considered food insecure. The increasing cost of housing and food are likely factors that contribute to the rising rates of food insecurity.

"As the holidays ap-

proach, there is definitely a need for more food assistance. Household expenses are higher due to the cost of home heating fuel, food bills, and increased interest rates. Some Norfolk County families are hit harder by these increased costs and worry about putting food on the table this holiday season. So, let us be mindful during this Thanksgiving season that others may need our help," O'Donnell said.

Non-perishable food items can be brought directly to the Registry of Deeds, which is located at 649 High St. in Dedham. A donation bin is available in the building's lobby and food can be dropped off Monday through Friday between 8 a.m. and 4:30 p.m. Suggested donations include canned

goods, breakfast cereals, pasta, sauces, toiletries, and paper products.

If you can't get to the Registry of Deeds building to drop off food, you can check the Registry website at norfolkdeeds.org for a pantry location in your community.

The Registry of Deeds is also hosting a Toys for Tots drive for the 16th straight year. Donations of new, unwrapped toys for children ages 10 and under can be brought to a donation bin in the Registry's during business hours between now and 10 a.m. on Dec. 8.

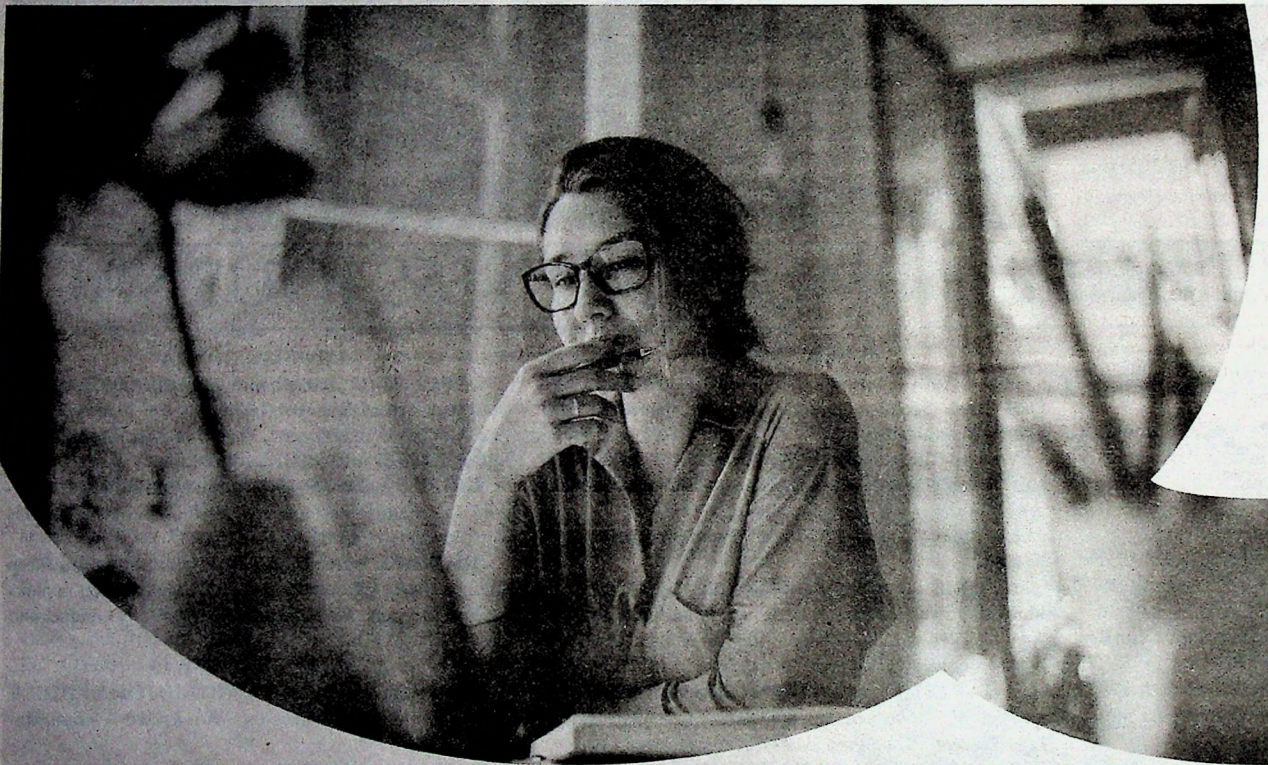
Toys For Tots

The US Marine Corps Reserve Toys for Tots Program is celebrating its 76th year this holiday season. Marines and volunteers will

be collecting donations at locations across the country through Dec. 11.

Donations of new, unwrapped toys can be brought to one of the many participating locations, the complete list of which can be found online at toysfortots.org. Participating locations in Quincy include: Ashlar Park at 100 Whitwell St.; ATCK Fitness at 100 Walter Hannon Pkwy.; Meineke Car Care at 662 Southern Arty.; Northeast Addiction Treatment Center at 36 Miller Stile Rd.; and Quincy Credit Union at 100 Quincy Ave.

While the organization does not publish a list of acceptable toys, realistic-looking weapons and items with food should not be donated and will not be distributed.



Quincy College is proud to participate in

MassReconnect

The state's new **MassReconnect scholarship** program supports residents age 25 and older seeking Associate's degrees and certificates. It's aimed at Massachusetts residents who have a high school diploma or equivalent but no higher education credential, empowering them to **acquire education and training necessary for in-demand jobs** in fields including health care, education and biotechnology. The program funds tuition and fees, and students would receive assistance to pay for books and supplies.

Whether you're considering college for the first time or want to return to earn a degree or certificate, **there's never been a better time to enroll at Quincy College!**

Learn more, contact:

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QUINCY COLLEGE



A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

Over the last several weeks, our department members donated food items to assist those in need during the upcoming holiday season.

On Friday, Nov. 17th, Officers Crowley and Tervakoski, assigned to our Patrol Division delivered 25 full bags of nonperishable food items to the Saint John the Baptist Food Pantry in Quincy.

We wish everyone a happy and healthy Thanksgiving! Stay Safe!



QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, NOV. 10

DISORDER (physical fight), 1:24 a.m., McDonald's, 275 Hancock St. All involved gone on arrival. No employee involved in altercation. Officers clear.

LARCENY (check), 7:48 a.m., Reggie's Oil Co., Inc., 92 Franklin St. Larceny report to be filed.

DISORDER (customer/lp), 8:23 a.m., BJs, 200 Crown Colony Dr. Argument at the entrance. Persons involved gone on arrival.

LARCENY (lost money), 5:57 p.m., South Garden, 217 Quincy Ave. Report to be filed.

DISORDER, 9:35 p.m., Crown Royal Bakery, 11 Brook. Disturbance regarding a tow. Owner paid the fee and had the car dropped. Peace restored.

SATURDAY, NOV. 11

DISORDER (active fight), 12:31 a.m., MBTA Station Quincy Center, 1245 Hancock St. Transit Police to handle. No parties found fighting.

ASSAULT AND BATTERY/DANGEROUS WEAPON (head injury), 3:19 a.m., 550 block of Victory Road. Suspect was gone on arrival. Report to be filed.

SHOPLIFT (various items), 6:24 a.m., CVS Pharmacy/24 Hour, 42 Beale St. Suspect gone on arrival. Loss Prevention believes they live in the area. Will call if they return.

SHOPLIFT, 9:49 a.m., CVS Pharmacy, 626 Southern Artery. Female identified, trespassed from the property and sent on the way.

LARCENY (package), 11:58 a.m., 500 Falls Blvd. Report to be filed. Suspect on video.

DISORDER (staff vs. customer), 1:17 p.m., Dominos Pizza, 61 Hancock St. Male customer harassing female staff, asking her a bunch of personal questions. Male sent on the way and advised.

SHOPLIFT, 2:25 p.m., Home Depot, 177 Willard. Male identified, trespassed by Loss Prevention and sent on the way.

SHOPLIFT, 5:44 p.m., Stop and Shop Supermarket, 495 Southern Artery. Area checked for suspects and unable to locate. Got items back.

DISORDER (two males), 7:39 p.m., 30 block of Winter Street. No one was hit a stick. Verbal argument over a jacket. Peace restored.

VANDALISM/PROPERTY, 11:23 p.m., 70 block of Safford Street. Liquid poured on vehicle by youths. No permanent damage.

SUNDAY, NOV. 12

DISORDER (between neighbors), 1:37 a.m., 2001 Falls Blvd. Spoke with both neighbors, peace restored. They were both advised.

VANDALISM/PROPERTY (to motor vehicle), 9:31 a.m., 400 block of Washington Street. Car keyed and cinder block through windshield. Report to be filed.

LARCENY (past), 12:31 p.m., Pond Street. Report to be filed.

DISORDER (four males fighting), 6:42 p.m., 80 block of Town Hill Street. Males are in the street fighting. Area checked nothing showing. Residents claim they have not seen or heard anything.

TRESPASS (issued), 9:33 p.m., Stop and Shop Supermarket, 495 Southern Artery. Suspect was trespassed by Loss Prevention in presence of Officer Leuchte.

MONDAY, NOV. 13

VANDALISM/PROPERTY (car and house), 6:19 a.m., Edgewood Circle. Caller states his car windshield was bashed in and there is damage to the house. Report to be filed.

VANDALISM/PROPERTY (to vehicle), 8:19 a.m., Woodward Avenue. Smashed front and back windshields. Report to be filed.

SHOPLIFT (past), 8:21 a.m., Quincy Market, 33 Washington St. Department email sent out in an attempt to ID the suspect.

ASSAULT/DANGEROUS WEAPON (in past), 10:15 a.m., Faxon Field, 375 Southern Artery. QHS football coach reporting that two youths shot a flare at him and a few players after practice on Nov. 8. Report to be filed.

SHOPLIFT (white male shoplift), 12:28 p.m., Walgreen Pharmacy, 330 Hancock St. Suspect fled. Report to be filed.

LARCENY (iPad), 3:04 p.m., South West Middle School, 444 Granite St. Report to be filed.

VANDALISM/PROPERTY (car), 4:44 p.m., Lunt Street. No suspect info, no cameras in area. Advised and provided with case number.

SHOPLIFT (scooter stolen), 6:32 p.m., Walmart, 301 Falls Blvd. Arrest made for shoplifting. Male suspect trespassed. Report to be filed.

SHOPLIFT (female), 11:20 p.m., Walmart, 301 Falls Blvd. Trespassed by Loss Prevention and female was sent on way.

DISORDER (request officer), 11:22 p.m., Cathay Pacific, 111 Hancock St. Peace restored, one person sent on way.

TUESDAY, NOV. 14

LARCENY (2 cell phones stolen), 8:09 a.m., 995 Southern Artery. Report to be filed.

LARCENY (backpack), 4:11 p.m., Go Store It Self Storage, 480 Centre St. Report to be filed.

SHOPLIFT (7 coats), 5:38 p.m., Marshalls, 141 Newport Ave. Female fled towards Wash and Dry down alley way. Report to be filed.

DISORDER (screaming), 11:42 p.m., Stop and Shop Supermarket, 495 Southern Artery. Male person in parking lot screaming. Male arrested for disorderly conduct and threats.

WEDNESDAY, NOV. 15

BREAKING AND ENTERING/MOTOR VEHICLE (past), 9:11 a.m., low numbers Woodward Avenue. Report to be filed.

TRESPASS (male), 9:21 a.m., Thomas Crane Public Library, 40 Washington St. Male who had been issued a one-year trespass was arrested for an outstanding warrant.

DISORDER (phone), 11:32 a.m., Father Bill's Place, 39 Broad St. Report to be filed.

VANDALISM/PROPERTY (smashed back window), 2:06 p.m., 50 block of Woodward Avenue. Report to be filed.

VANDALISM/PROPERTY (damages property), 3:35 p.m., low numbers of Quadrant Circle. Case number provided regarding old damage to vehicle. Detective Eddy already aware.

TRESPASS (suspect in basement), 3:39 p.m., 100 block of Taffrail Road. One male arrested for trespassing in the basement. Report to be filed.

LARCENY (firewood), 6:18 p.m., Dean Road. Report to be filed.

DISORDER (male), 7:18 p.m., Walgreen Pharmacy, 418 Quincy Ave. Male in the pharmacy area causing a disturbance regarding filling a prescription. Advised and sent on the way. Peace restored.

THURSDAY, NOV. 16

VANDALISM/PROPERTY (to car), 8:43 a.m., Creedon Field, 136 Newbury Ave. Vehicle keyed on the passenger's side. Report to be filed.

LARCENY/MOTOR VEHICLE (stolen taxi), 12:07 p.m., Champion Auto, 134 East Howard St. Taxi cab stolen from above. Report to be filed.

SHOPLIFT (just occurred), 2:23 p.m., Walgreen Pharmacy, 132 Granite St. Male located, trespass was issued by the manager and the merchandise was returned.



HOLDING A CONTAINER of finished compost at Quincy High School is Courtney Perdios, PTO member and volunteer for the food waste diversion program. Food waste collected at QHS and NQHS is brought to a Black Earth Compost facility and turned into a fertilizer that helps plants grow. Students at the schools are learning that their actions are benefiting the planet.



VOLUNTEERS FROM the Wollaston Garden Club, Ann Wetherby and Kathy Meade, help students sort their waste at North Quincy High School. Approximately 150 pounds of food waste and compostable materials are collected at lunch each day due to student participation.

Courtesy Photos

Food Waste Diversion Program Success At Both High Schools

By **RUTH DAVIS**

Beginning this fall, food waste is being collected at both of Quincy's High Schools. This is a result of the great success of the food waste diversion pilot at Quincy High School last spring. From March through June, 7,400 pounds of food waste were diverted from the trash and made into a fertilizer that enriches the soil and helps plants to grow.

During September, the first month of the expanded program, nearly two tons of food waste was collected from the two high schools' kitchens and the students' lunch periods. Each day approximately 110 lbs. and 200 pounds of compostable materials are collected from QHS and NHQS respectively. In addition to separating their waste, the students can participate in food sharing. A table located near the waste barrels is available for students to leave unwanted, unopened food, which allows others to take items if

they are interested. Around 50 items a day are shared at each school.

The current goal is to collect food waste from all the Quincy Schools. However, before that can happen more exploration will be done. "During my initial research last Spring, I visited schools in Arlington and Lexington where they've had food waste collection for years," said Finbar Heaslip, Food Waste Diversion Program Manager. During the next few months, Heaslip will do site visits at Quincy's elementary and middle schools to study operational and educational needs.

Last summer, Heaslip created a seven-minute instructional video for the highschoolers. Teachers at both schools showed the video during home room at the beginning of the school year. A poster campaign is planned to continue the education of the students. In addition, Heaslip will work with student groups at both high schools to spread the

word about the importance of separating organic items like food waste from the trash.

Volunteers from the Wollaston Garden Club and Quincy PTO help students sort waste this year at both schools. "The program is volunteer supported, but not volunteer run," said Emily Lebo of the Wollaston Garden Club and Quincy School Committee. An active volunteer in the effort, she is a strong advocate for the continued success of the program. Additional volunteers are needed for a two-hour commitment at school during the lunch periods. For information on volunteering, email finbarheaslip@quincypublicschools.com

The composting process allows food scraps to become fertilizer for our plants. It's also one of the most eco-friendly ways to dispose of organic waste. Environmentally-friendly food waste disposal is more important than ever, espe-

cially in the US. The FDA reports that the US discards more food than any other country at almost 40 million tons annually. Unfortunately, this discarded food is usually left to rot in landfills.

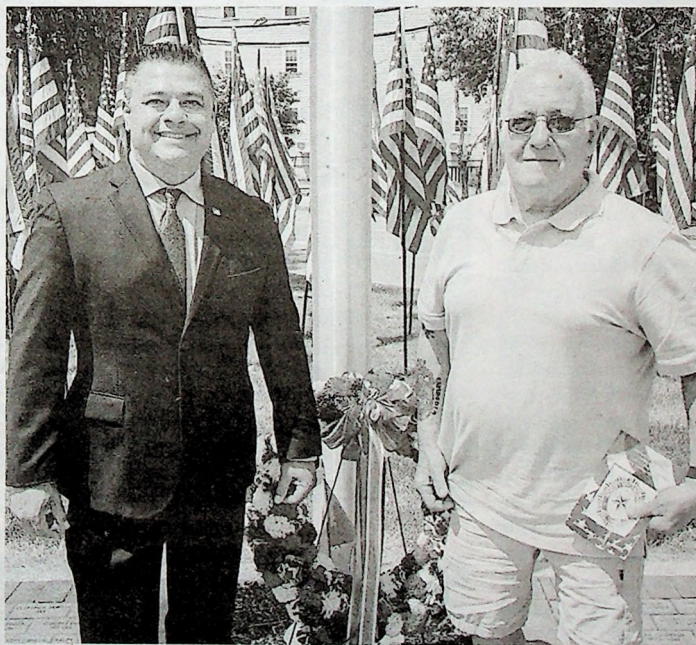
The city selected Black Earth Compost as the hauler for its food waste collection. According to Black Earth's website, composting sig-

nificantly cuts down on the amount of trash in a landfill and reduces the costs and carbon emissions it takes to haul and process those materials.

A long-range goal outlined in the report of the City's Task Force would be to collect food waste from all residences, as well as schools. At this point Quincy residents who are inter-

ested in having food waste collected from their houses must pay for it themselves. Those interested can contact Black Earth Compost via their website. Start up cost for collection is approximately \$45 for a container and bags with weekly collection around \$7/week with additional purchase of bags depending on the amount of food waste generated.

Thank You from Councilor-At-Large Noel DiBona



~ **Thank You to the Voters for Re-Electing me.**
I am truly grateful for your support.

~ **Thank You Family, Friends & Campaign Team**
for all your loyalty, dedication & help.

~ **Thank You to Everyone that displayed**
a sign on your lawn.

Wishing Everyone a Happy Thanksgiving!

Noel DiBona
Councilor-At-Large & Council President

Library To Host Online Q&A With Author Travis Baldree Nov. 30

The Thomas Crane Public Library will host a Q & A with Author and Audiobook Narrator Travis Baldree on Thursday, Nov. 30 from 7 to 8 p.m.

Baldree will discuss his book "Bookshops and Bonedust," the follow-up to "Legends & Lattes."

Participants are encouraged to join the conversation with Baldree as he discusses his journey from an audiobook narrator to a low-stakes fantasy writer. Attendees are also encouraged to come prepared with questions for a Q&A.

About Bookshops and Bonedust:

When an injury throws

a young, battle-hungry orc off her chosen path, she may find that what we need isn't always what we seek. Set in the world of the New York Times Bestselling Book "Legends & Lattes," Baldree's "Bookshops & Bonedust" takes readers on a journey of high fantasy, first loves and second-hand books.

Viv's career with the notorious mercenary company Rackam's Ravens isn't going as planned. Wounded during the hunt for a powerful necromancer, she's packed off against her will to recuperate in the sleepy beach town of Murk—so far from the action that

she worries she'll never be able to return to it. What's a thwarted soldier of fortune to do? Spending her hours at a beleaguered bookshop in the company of its foul-mouthed proprietor is the last thing Viv would have predicted, but it may be both exactly what she needs and the seed of changes she couldn't possibly imagine. Still, adventure isn't all that far away. A suspicious traveler in gray, a gnome with a chip on her shoulder, a summer fling, and an improbable number of skeletons prove Murk to be more eventful than Viv could have ever expected.



THROUGH THE SPARTAN Kids Foundation, South-West Middle School was able to send 52 South-West Student Spartan Athletes to compete at the Stadion Race at Fenway Park on Veterans Day. Here the group gathers for a photo outside the historic home of the Boston Red Sox on Jersey Street. Antonio Tenaglia (bottom right), Julianna Kane (middle right), Eric Manter (top right), Gladiola Jazaj (left), Nicolas Gizzarelli (top left) and the 52 South-West Spartan athletes representing their school.
Courtesy Photos

SWMS Students Compete At Stadion Race At Fenway Park

South-West Middle School takes Fenway Park!

Through the Spartan Kids Foundation, South-West Middle School was able to send 52 South-West Student Spartan Athletes to compete at the Stadion Race at Fenway Park.

The coaching staff composed of Head Coach Antonio Tenaglia, assistant coaches Nicolas Gizzarelli, Julianna Kane, Eric Manter and Gladiola Jazaj volunteered their time to support the students for the Veterans Day Race. The coaching team helped teach the students the importance of maintaining an active lifestyle and setting attainable goals for themselves.

The students completed a one-mile obstacle course while sporting gear funded through Quincy Public Schools mini-grant program and enjoyed a lunch provided by the South-West PTO. Dressed in red, white and blue the South-West Spartans showed great pride this Veterans Day. Thank you to Principal Courtney Mitchell and the rest of Quincy Public Schools Administration for supporting this amazing trip for the second year in a row. And a very special thank you to all Quincy Veterans for inspiring our children to do their very best.

"As a teacher you want your kids to learn, grow and make memories together. This is one I feel like we will all remember as a community. I'm very proud to call myself their teacher," said Antonio Tenaglia.

"You don't see a lot of kids volunteering on a Saturday to go take a bus at 8 a.m. to go race for their school. You can tell that this trip meant a lot to so many of these kids," said Nicolas Gizzarelli.



COACH ANTONIO TENAGLIA with Grade 7 student Luke Welter and his sister post race. Luke's sister made a sign to support her older brother!



SOUTH-WEST MIDDLE SCHOOL group outside their school.

Quincy Fire Department Hosts Open House

The Quincy Fire Department recently held an open house event during fire prevention week. The event focused on kitchen fire awareness and had a fantastic showing from both the community and the public safety side.

As always, the importance of education and safety was shown as can be seen with the Police Department handling bike safety for kids with helmets available, the headquarters companies each having displays of different tools and explaining the proper usage such as Engine 1 crew setting up a game for the kids to use a fire hose to knock bottles off the tops of traffic cones, Rescue 1 displaying how to dismantle a car in several stages throughout the event while explaining the process to onlookers and emergency management showing the trailer available for large scene incidents.

Special thanks goes out to Home Depot and Ace Hardware for donations of smoke detectors and kitchen fire extinguishers for the raffle prizes; Papa Gino's for accommodating the large order for this event; Quincy Public Schools for supplying some additional tables to help display items and food; Walmart for donating water bottles and M&S Auto Body for providing the car to be dismantled.

Events like this provide a unique opportunity for public safety organizations to connect with the citizens of Quincy and reflects our commitment to the community and those we serve.

Lt. Daniels Fire Prevention



QUINCY FIRE DEPARTMENT'S Engine 1 crew set up a game for the kids to use a fire hose to knock bottles off the tops of traffic cones at the department's recent Open House.



QUINCY FIREFIGHTER Paul O'Grady, Quincy Fire Prevention, sets up a table with fire prevention information and kids helmets at the recent QFD Open House at Fire Headquarters on Quincy Avenue.

Courtesy Photos



QUINCY FIRE DEPARTMENT Open House included a demonstration by firefighters responding to an accident scene involving a motor vehicle.

MA House Passes Legislation To Improve Quality, Oversight Of Long-Term Care Sector

The Massachusetts House of Representatives Nov. 15th unanimously passed legislation that takes a comprehensive approach towards reforming the long-term care industry by supporting and expanding the workforce, enhancing oversight of facilities, and ensuring greater access, all while prioritizing quality of care.

"The nursing home sector has long faced workforce and financial challenges that have only been exacerbated by the pandemic. Addressing persistent challenges within this important sector will not only improve the quality of care that residents receive, it will increase capacity and help acute care hospitals more efficiently discharge patients to the appropriate post-acute care settings," said House Speaker Ronald J. Mariano (D-Quincy). "Building off of key investments in the industry in recent budgets, this

comprehensive legislation takes the necessary steps to ensure that the Commonwealth's nursing homes, and the patients that they care for, are supported. I want to thank Chairman Stanley and Chairman Lawn for their hard work on this issue, as well as all my colleagues in the House for prioritizing this critical legislation."

This legislation responds to several of the recommendations made by the 2020 Nursing Facility Task Force report by:

- Providing the Department of Public Health (DPH) with additional tools to monitor and take punitive action against facilities including new abilities to limit, restrict, suspend or revoke a license for cause and appoint temporary managers;

- Strengthening DPH's licensure suitability standards to include a more comprehensive review of the back-

ground and legal record of applicants and expanding the scope of review to include any entity with at least 5 percent ownership interest in a nursing facility; and

- Creating new initiatives to support and grow the workforce such as workforce training grants to develop new Certified Nursing Assistants (CNAs), career ladder program grants, and leadership and supervisory training.

The bill also addresses workforce challenges facing long-term care facilities by authorizing direct care workers, including CNAs, to obtain a certification to administer non-narcotic medications to long-term care facility residents under the supervision of a licensed nurse or physician. The training curriculum and standards for certified medication aides will be established by the Department of Public Health, in con-

sultation with the Board of Registration in Nursing, and will require at least 60 hours of training, and will help long-term care facilities to satisfy proposed new federal staffing requirements.

"We are proud to introduce House Bill 4178, 'An Act to improve quality and oversight of long-term care,' which stands as a comprehensive step towards enhancing the standards and care within the long-term care industry," said Rep. Thomas M. Stanley (D-Waltham), House chairman of the Joint Committee on Elder Affairs. "Building upon past successes and allocations, including significant funding for caregiver shortages and nursing home rate increases, this bill marks a pivotal step in the ongoing enhancement of long-term care in the Commonwealth. It is our collective effort to ensure the highest standards



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Cont'd On Page 31

27th Annual Salvation Army Community Leader Kettle Nov. 21, Nov. 29

Over 50 Civic, City Leaders To Ring The Bell
From 9 A.M. To 4 P.M. At Hancock-Adams Common

The 27th annual Community Leader Kettle to benefit The Salvation Army Quincy Corps will be held Tuesday, Nov. 21 and Wednesday, Nov. 29 in Quincy Center at Hancock-Adams Common near the John Adams Statue.

Kettle hours both days are from 9 a.m. to 4 p.m. The last hour shift will start at 3 p.m.

More than 50 civic and city leaders are volunteering their time to ring the bell at the Community Leader Kettle. The kettle to benefit The Salvation Army was established in 1997 by the late Henry W. Bosworth, Jr., founder and longtime publisher of The Quincy Sun.

Mr. Bosworth, who coordinated the kettle for many years, passed away in February 2009. He was a longtime member of the Quincy Salvation Army Advisory Board. For the last 15 years, Mr. Bosworth's son - Quincy Sun Publisher Robert Bosworth - has coordinated the Community Leader Kettle. Robert Bosworth serves as



a member of The Quincy Salvation Army Advisory Board.

Over the past 26 years, the kettle has raised more than \$132,000. Last year's kettle raised \$10,537 bringing the 26-year total to \$132,953.

Money raised by the Community Leader Kettle and other Red Kettles provides holiday assistance to families including toys, gifts, clothing and food, said Capt. Adam Boynton of the Quincy Salvation Army. The funds also assist the needy and less fortunate year-round.

Boynton said this year's

goal is to raise \$100,000 during the Red Kettle campaign which runs from Nov. 18 through Dec. 23.

"With more people in need, we ask for your help," Boynton said. "With the economic struggles of this past year, and the looming utility price increases, we'll need even more funds to help meet the need," Boynton said.

Here is a list of the volunteers ringing the bell for the Salvation Army at the Community Leader Kettle Tuesday, Nov. 21 and Wednesday, Nov. 29 from 9 a.m. to 4 p.m. at the Hancock-Adams Common.

TUESDAY, NOV. 21

9 a.m. - Salvation Army Board Chairperson Don Uvanitte and City Clerk Nicole Crispo.

10 a.m. - School Committeewoman Kathryn Hubley; Officer Gregg Hartnett, president, Quincy Police Patrol Officers Association; Lt. Joseph Lencki, president, Quincy Police Superior Officers Association

and Firefighter Tom Bowes, president, Quincy Firefighters Local 792.

11 a.m. School Committeewoman Emily Lebo; Joan and Ed Keohane, Keohane Funeral Home and Salvation Army Advisory Board; and Isobel Bertman, Rogers Jewelry and Salvation Army Advisory Board.

12 noon - Maralin Manning, Quincy Salvation Army Advisory Board; Dr. John Pasciucco, Salvation Army Advisory Board; School Committeeman Paul Bregoli; House Speaker Rep. Ron Mariano and Rep. Bruce Ayers.

1 p.m. - Sen. John Keenan, State Rep. Tackey Chan, Quincy Chamber of Commerce President Tim Cahill and Ward 4 Councillor James Devine.

2 p.m. - Quincy College President Dr. Richard DeCristofaro; Mike Moynihan, executive director of marketing, Quincy College; Bridget Fong, graphic design specialist, Quincy College; Scott Pickard, direc-

tor of Public Relations and Communication, Quincy College; and Attorney Jessica Cherry, Chief of Staff, Quincy College.

3 p.m. - Morgan Gray, Salvation Army Advisory Board; Councillor at-Large Noel DiBona; Quincy School Supt. Kevin Mulvey and Quincy School Asst. Supt. Erin Perkins.

WEDNESDAY, NOV. 29

9 a.m. - Ward 5 Councillor Chuck Phelan, Ward 5 Councillor-Elect Dan Minton, Ward 2 Councillor-elect Richard Ash and Norfolk County Commissioner Joe Shea.

10 a.m. - Dist. Atty. Mike Morrissey, Quincy Fire Chief Joseph Jackson, Quincy Police Chief Mark Kennedy and Norfolk County Treasurer Michael Bellotti.

11 a.m. - Norfolk County Register of Deeds William O'Donnell; Barbara Clarke, Salvation Army Advisory Board; North Quincy High School Principal Daniel

MAKE
CHANGE
HAPPEN.



Gilbert and Scott Campbell, Quincy councillor at-large-elect.

Noon - Mayor Thomas Koch and Dan Quirk, CEO, Quirk Auto Dealers.

1 p.m. - QATV Executive Director Jonathan Caliri, Quincy Sun Publisher Robert Bosworth, Norfolk County Sheriff Patrick McDermott, Veterans Services Director Christine Cugini, Veterans Services Administrative Secretary Beth Chencharik and Ward 3 Councillor Ian Cain.

2 p.m. - Beth Ann Strollo, chief executive officer, Quincy Community Action Programs, Inc.; John Yazwinski, CEO and president, Father Bill's & MainSpring; and Rick Doane, executive director, Interfaith Social Services.

3 p.m. Friends of Wollaston Beach: Maureen and Michael Mazrimas and Susan McPherson; and School Committee member-elect Courtney Perdios.

Annual Coat Drive



JOIN US

To make a difference in the lives of others

Please join the cause to provide warmth and comfort this year for those less fortunate. Coats will be distributed through 2 local organizations: **Interfaith Social Services** and **Wellspring Multi-Service Center**.

Supporters willing to donate are asked to bring gently-used adult or children's coats to any Keohane or Dependable Cleaner locations. Coats will be cleaned upon donation.

Keohane

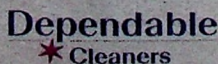
785 Hancock Street, Quincy
21 Emerald Street, Hingham
809 Main Street, South Weymouth

Dependable Cleaners

298 Main Street - Hingham
338 Granite Avenue - Milton
320 Quincy Avenue - South Quincy

The winter coat drive begins in October and continues through the end of November. Help us meet our goal to collect 1,000 coats this winter.

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Quincy Christmas Parade, Festival Nov. 24-26

Mayor Thomas P. Koch and the City of Quincy will present the city's 2023 Christmas Parade and Festival to be held the weekend of Nov. 24th-26th.

Festivities begin on the evening of Friday, Nov. 24th with strolling Victorian carolers, street performers, costumed characters and musical numbers by the St. Paul's Choir School, Quincy Catholic Academy Youth Choir and a holiday sing-a-long.

The evening will culminate with the city's annual tree-lighting by Mayor Koch and a visit from Santa. A Menorah will also be on display for those members of the community who celebrate Chanukah.

The evening's events will take place from 5 to 7 p.m. on the Hancock-Adams Common, 1305 Hancock St. Parking will be available in the Kilroy Square Garage as well as Presidents Place Parking Garage.

On Saturday, Nov. 25th at noon, families can turn their eye to the sky from

Pageant Field, One Merrymount Parkway, as Santa will be arriving by helicopter to pay a visit to youngsters. Costumed characters will be on the ground to say hello.

The City of Quincy's 70th Christmas Parade will kick off at noon on Sunday, Nov. 26th at the intersection of Hancock Street and Walter J. Hannon Parkway, continuing up Hancock Street to North Quincy High School. Floats, marching bands and costumed characters, will fill the parade route with holiday cheer for all, and as tradition has it, expect a visit from Santa to anchor the parade before he heads back home to the North Pole.

"Our city's Christmas Parade, as well as our tree-lighting, Santa's visit to Pageant Field and taking pictures surrounded by the holiday lights on the Hancock Adams Common have all become special tradition in our community," said Mayor Koch. "So many families mark the weekend after Thanksgiving on their

calendars to celebrate this kick-off to the holiday season with their loved ones. We hope you will come out and enjoy it with us."

Letters to Santa can be placed in "Santa's Mailbox" which will be located outside Quincy City Hall on the weekend of the events as well as throughout the holiday season.

In addition, festivities will continue throughout the month.

The City of Quincy will honor active military at the Generals Bridge and Park Tree-Lighting on Sunday, Dec. 3rd at 5 p.m. at the corner of Dunford Drive and McConville Way.

The Menorah will be lit in a ceremony observing the beginning of Chanukah on the Hancock Adams Common on Thursday, Dec. 7th at 4:45 p.m. and a Christmas gathering will take place at the Creche, also on the Hancock Adams Common, on Sunday, Dec. 10th at 5 p.m.

Visit the City of Quincy's social media or City website at quincyma.gov for more information.



IT'S BEGINNING TO look a lot like Christmas - Workers string strands of lights on a Christmas tree that will be illuminated at the annual tree lighting Friday, Nov. 24 at Hancock-Adams Common. The tree lighting event will be from 5 to 7 p.m. and also feature strolling Victorian carolers, street performers, costumed characters and musical numbers by the St. Paul's Choir School, Quincy Catholic Academy Youth Choir, a holiday sing-a-long and a visit by Santa who will help turn on the festive lights.
Quincy Sun Photo/Robert Bosworth

Constitution Color Guard To March In Christmas Parade

Cont'd From Page 3

candy canes will be given to children.

In addition to the Constitution Color Guard the parade is scheduled to have 13 bands, Wally and Tessie from the Boston Red Sox, the Aleppo Shriners clowns, small truck and motorcycle units, fire jugglers, stilt walkers, costumed characters as well a number of other color guards and apparatus from the Quincy Fire Department who will carry Santa along the two-mile route on Hancock Street from Quincy Center to North Quincy High School. All high school bands will once again compete in the marching band competition with the judging taking place at Hancock Street and Merrymount Parkway near Central Middle School.

This year's theme "Candy Cane Dreams" has attracted a great deal of attention from the community of volunteer float builders. Entries are floats from both high schools, Woodward School, Quincy Catholic Academy, Wollaston and Town River Yacht Clubs, Friends of Quincy Recreation, Quincy 400, and Quincy Park Conservancy. Commercial floats will be entered by Montillio's Bak-

ery, and Marine Max.

The theme "Candy Cane Dreams" was picked in a public contest and was submitted by Quincy Resident Mia Sorgi. Mia will also ride in the parade, as will the elementary school poster contest winners. Quincy Police motorcycles and color guard will lead the parade, and Mayor Koch will lead a delegation of elected officials in the first unit.

The 70th annual Christmas Parade on Sunday, Nov. 26th will once again host two local charities with close ties to the Christmas season. Toys for Tots, sponsored by the United States Marine Corps, both active and retired, will collect Toys along both sides of the parade route. Donations should be unwrapped for ease of distribution.

The Quincy location of the Salvation Army will have members march in the parade along with their new community disaster assist vehicle. The Salvation Army will also be on both sides of the parade route collecting for the popular Red Kettle Christmas Drive. The parade steps off at 12 noon and proceeds the length of Hancock Street from Quincy Square to North Quincy High School.



COSTUMED CHARACTERS are among the returning favorites who will be marching in Sunday's 70th annual Quincy Christmas Parade.
Quincy Sun File Photo/Robert Bosworth

COASTAL CHRISTMAS FAIR

Friday, December 1
6:30 pm : Fair
7:00 pm : Holiday Concert

~

Saturday, December 2
9:00am - 3:00 pm : Fair Day

**Quincy Point
Congregational Church**
444 Washington Street
www.quincypointcong.org

*Check out product highlights on
X, Facebook and Instagram.*

- Christmas Photos taken by Laura D. Photography
- Denim Recycle - Turtle Town and Furry Friends Pet Boutique - Christmas Cookies - Apple Pies - Homemade Candy - Jam and Jelly - "All Hand's In" - Raffles - Silent Auction
- Jewelry - Ocean Upcycle - Grab N Go Hostess Gifts - Carole's Cards - Doug's Nativity Stables and Wooden Toys
- Lighthouse Calendars - Coastal Breeze signature scented candles (pre-order available)
- Lunch at the Coastal Café - 11 am - 2 pm (complimentary tea and coffee all day)

Proceeds from the Fair will benefit two local organizations:
NEW ENGLAND AQUARIUM SEA TURTLE HOSPITAL and INTERFAITH SOCIAL SERVICES, QUINCY

Bring a child's board book (for ISS) to the fair and get a free cookie.



2023 NORTH QUINCY HIGH SCHOOL varsity football team Photo Courtesy Amy Sampson



91ST CITY FOOTBALL CHAMPIONSHIP

North Quincy Raiders vs. Quincy Presidents

Raiders, Presidents Ready For THE GAME





2023 VARSITY ROSTER

#	NAME	POS	YR
2	Taylen Marquez	RB/LB	Sr.
3	Marques Rodrigues-Smith	WR/CB	Jr.
4	Ariel White	FB/LB	Sr.
5	Tim Toland	QB/S	So.
6	Ryan Sampson	QB/S	Fr.
7	Nate Sampson	WR/CB	Sr.
9	Gavin Brown	DE/RB	Fr.
10	Jordan Mahoney	FB/LB/P	Sr.
11	Dan Hudach	WR/CB	Sr.
13	Cam Sampson	WR/CB	Jr.
14	Ben Walinjom	WR/DE	Sr.
15	Dominic Gonzales	WR/CB	Sr.
17	Mikey Galligan	QB/S	Jr.
19	John Gnakou	WR/S	So.
21	Ben Hudach	RB/S	Sr.
22	Silas McKenney	WR/CB	So.
23	Mark Ibrahim	WR/CB	So.
24	Ryan Wirtz	WR/CB	So.
25	Jacoby Wall	WR/CB/K	So.
27	Alvin Nikolla	WR/CB/K	So.
28	Sean Szilva	RB/LB	Jr.
33	Will Conley	WR/CB	Sr.
34	Michael Nista	G/DT/P	Jr.

#	NAME	POS	YR
44	Blake Nelson	WR/S	Fr.
50	Noah Baker	G/LB	Sr.
52	Alan Guan	G/LB	Sr.
53	Hussain Alzubaidy	G/DT	Jr.
54	Michael Phinney	C/DT	Sr.
55	Giuseppe Talarico	T/DT	So.
56	Joe Nista	G/DT	Jr.
57	Ray Marcial	G/DT	Sr.
58	Philip Le	RB/LB	Jr.
59	Seamus Conneely	G/DT	So.
63	Brady Craig	C/LB	So.
64	Kevin O'Shea	G/DT	Sr.
66	Brody Baker	G/DT	Sr.
72	Joey Rodriguez	T/DT	Jr.
73	Frank DiMeo	C/DT	So.
77	Mike Akpobi	T/DT	Sr.
79	Breven Lyons	T/DT	Fr.
81	Tommy Wirtz	WR/S	Sr.
84	Paul Glynn	TE/DE	Sr.
85	Spencer Knight	WR/LB	So.
87	Billy Kennedy	TE/DE	Jr.
88	Enhea Panariti	TE/LB	Sr.

Captains: #7 Nate Sampson, #10 Jordan Mahoney, #52 Alan Guan, #54 Michael Phinney, #88 Enhea Panariti

Head Coach: Ryan Craig (6th season)

Assistant Coach: Sean Glennon
Assistant Coach: Jason Spry
Assistant Coach: Dylan Meehan
Assistant Coach: Jeff Powers
Assistant Coach: Nick Cangemi
Assistant Coach: Dan Sampson
Assistant Coach: Greg Sommers
Assistant Coach: Martin Dunham
Assistant Coach: Kyle McKay
Assistant Coach: Danny Jackson

Assistant Coach: Dan Gilmartin
JV Coach: Tom Carter
JV Coach: Peter Chrisom
Head Freshman Coach: Pat Dooley
Freshman Coach: Paul Brown
Assistant Coach: Matt Craig
Assistant Coach: Ken McPhee
Assistant Coach: Mike Powers
Assistant Coach: Steve Vaccaro

By TOM JOYCE
Who will earn football bragging rights for the next 12 months: Quincy or North Quincy?
We will find out on Thanksgiving.

The Quincy High Presidents and the North Quincy High Raiders will renew their storied gridiron rivalry when they take to the turf for the 91st city football championship game at 10 a.m. on Thanksgiving morning at Veterans' Memorial Stadium in Quincy. The game has the potential to be a very competitive and down-to-the-wire contest, as both sides hope to end their season on a positive note.

The Presidents (3-7) have some momentum be-

hind them going into this one. They are fresh off a 52-50 win in double overtime against Newton North on Nov. 9; the win snapped a seven-game losing streak for the team.

Offensively, the Presidents are more of a running team than a passing one. They have rushed for more than double the amount of yards they have thrown for.

Gabe Rodrigues (98 carries, 645 yards, 5 touchdowns) has led the team's ground game, according to MaxPreps; he has amassed about two-thirds of the team's rushing yards this season. Also, freshman Jonas Ala (31 carries, 166 yards, 1 touchdown) is

Cont'd On Page 21

NORTH QUINCY 2023 RECORD 4-6		
9/8	@ Oliver Ames	W, 35-6
9/15	BRAINTREE	L, 30-7
9/22	@ Malden Catholic	L, 20-0
9/29	COHASSET	W, 20-14
10/5	@ Plymouth South	L, 34-7
10/13	@ Pembroke	W, 43-22
10/20	SCITUATE	L, 42-28
10/27	HANOVER	L, 42-13
11/3	@ Barnstable (playoff)	L, 42-7
11/10	PLYMOUTH NORTH	W, 42-21
11/23	QUINCY	10 a.m.

Thanksgiving Day Football Game Tickets On Sale

Tickets for the 91st annual Thanksgiving Day Football game now on sale.
All pre-sale tickets will be sold at both Quincy High School and North Quincy High School as well as all five middle schools for \$5 per ticket.
Tickets will also be sold at the gate on Thanksgiving morning.
Game day prices will be: adults, \$10; students and seniors, \$5.



2023 QUINCY HIGH SCHOOL varsity football team Photo Courtesy Quincy Public Schools

Raiders, Presidents Ready For THE GAME

QUINCY HIGH SCHOOL PRESIDENTS

2023-2024

VARSITY FOOTBALL



#	Name	Pos.	Year
2	Josh Cannon	RB/DB	Sr.
3	Alex Martinez *	RB/DB	Jr.
4	Larry Brown	WR/DB	Sr.
5	William Lanergan	TE/LB	Sr.
6	Gavin Regan	WR/DB	Sr.
7	Kevin Gray *	TE/LB	Sr.
8	Ashton Harris	TE/LB	Sr.
9	Gabriel Rodrigues *	RB/LB	Sr.
10	Brayden O'Connell	QB/K	Soph.
11	Nate Goff *	QB	Jr.
12	John Jordan	QB/DB	Jr.
14	Owen Desmond	WR/DB	Sr.
16	Jayden Francois	WR/DB	Jr.
18	Diego Tavares Goncalves	WR/DB	Jr.
21	Felipe Ducioni	WR/DB	Sr.
22	Will Codner	RB/LB	Jr.
23	Leo Steinberg	RB/LB	Soph.
24	Jordan Leathers	WR/DB	Jr.
25	Anthony Williams	RB/DE	Soph.
28	Darius Wade	RB/LB	Jr.
29	Sean Conover	WR/DB	Jr.
31	Luka Albuquerque	WR/DB	Soph.
32	Jonas Ala	RB/DB	Fr.
34	Tedsen Pierre	FB/LB	Soph.
38	Joey Bassill	WR/DB	Fr.
44	Donovan O'Connell	RB/LB	Jr.
46	Joseph Frye	WR/DB	Sr.

#	Name	Pos.	Year
48	Grant Fuller	TE/LB	Soph.
50	Mark Schaaf	OL/DL	Jr.
51	Aidan Jackson	RB/LB	Soph.
52	Antonio Branch	OL/DL	Sr.
53	Wyatt Drinkwater	OL/LB	Soph.
54	Jacoby Quinn	OL/DL	Soph.
55	Elijah Charles	OL/DL	Jr.
56	Cameron Lynch	OL/DL	Jr.
57	Caleb Bridden	OL/DL	Soph.
58	Zachary Aldoupolis	OL/LB	Soph.
62	Jack Boyd	OL/DL	Soph.
64	Chris Young	OL/DL	Soph.
65	Marquis Wash	OL/DL	Soph.
66	Devin McPartlin	OL/DL	Soph.
71	Maurice Donovan	OL/DL	Jr.
72	Sam Swan *	OL/DL	Sr.
74	Brody Vando	OL/DL	Soph.
75	Brady O'Neil	OL/LB	Jr.
76	Oliver Levine	OL/DL	Jr.
77	Gabriel De Oliveira	OL/DE	Jr.
78	Gavin Doyle	TE/DE	Soph.
79	Justin Silva	OL/DL	Jr.
80	Darryl Wright	WR/DB	Soph.
81	Khidhr Chaani	WR/DB	Jr.
87	Chris Chaparro	WR/DB	Jr.
88	Nathan Allen	WR/DB	Soph.

* - Captains

Head Coach

Vernon Crawford

Freshmen Coaches

Justin Thorley

Fabian Elizondo

Superintendent

Kevin W. Mulvey, J.D.

Assistant Coaches

Chuck Hannaford

John Johnson

Rashawn Facey Castillo

John Orlando

Travis Kelley

Ally Sleiman

Equipment Manager

Rick Beach

Athletic Trainer

Steve Garofalo

Principal

Keith Ford

Athletic Director/Assistant AD

Kevin Mahoney

Matt Rodriguez

Cheerleading Coach

Amy Che

Cont'd From Page 20

among the team's key contributors on the ground.

In the air, the Presidents have amassed 636 yards; Alex Martinex (16 catches, 229 yards, 2 touchdowns), Jayden Francois (8 catches, 138 yards, 1 touchdown), and Rodrigues (14 catches, 135 yards, 1 touchdown) are among the top targets for the team quarterbacked by junior Nate Goff; he has completed 54.3 percent of his passes and has an 87.4 quarterback rating.

Defensively, Francois and Ala have been effective in the secondary for the Presidents; they each have

an interception. Plus, Kevin Gray, a senior linebacker, has played well at linebacker, while Rodrigues, another senior captain, has done the same at defensive end.

Conversely, the North Quincy Raiders (4-6) are more of a passing team than their opponent – and no one running back has accumulated the majority of their rushing yards.

In the air, junior quarterback Mikey Galligan is having a career year for the Raiders. He has thrown for 1,666 yards, 18 touchdowns, and eight interceptions while completing 45.7 of his pass attempts. He is

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QUINCY 2023 RECORD 3-7

9/8	@ Archbishop Williams	W, 34-13
9/14	CONCORD-CARLISLE	W, 21-19
9/22	@ Westwood	L, 35-14
9/29	@ Braintree	L, 44-16
10/7	PEMBROKE	L, 41-8
10/13	@ Hanover	L, 41-15
10/21	PLYMOUTH SOUTH	L, 37-8
10/27	@ Scituate	L, 49-24
11/3	BRIDGE-RAYNHAM	L, 27-6
11/9	@ Newton North	W, 52-50 (2 OT)
11/23	@ North Quincy	10 a.m.

QATV Live Coverage

North Quincy-Quincy Game

Quincy Access Television (QATV) announces the 2023 Thanksgiving football game between the North Quincy Raiders and Quincy Presidents will be shown live on QATV-8, QATV-HD 1072 and QATV.org on Thanksgiving morning.

Live coverage will begin at 8:30 a.m. with the Thanksgiving GameDay pre-game show, followed by game coverage starting at 10 a.m.

The Thanksgiving GameDay pre-game show will be hosted by Steve Maze and feature Quincy and North Quincy coaches, principals, students, alumni and more. QATV's Jonathan Caliri will call the play-by-play of the game and Martin Dunham will serve as color analyst.

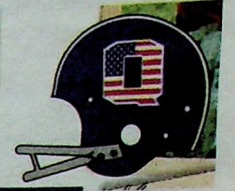
The game will replay on QATV-8 and QATV-HD 1072 several times Thanksgiving weekend. The game will replay Thanksgiving Day, Nov. 23rd, at 8 p.m.; Friday, Nov. 24th at noon and 8 p.m.; Saturday, Nov. 25th at noon and 10 p.m.; and Sunday, Nov. 26th at 8 p.m.

For more information about QATV's Thanksgiving football programming, visit www.QATV.org or call 617-376-1440 ext. 224.



91ST CITY FOOTBALL CHAMPIONSHIP

North Quincy Raiders vs. Quincy Presidents



Raiders, Presidents Ready For THE GAME



NORTH QUINCY HIGH SCHOOL varsity football coach Ryan Craig (third from right) and five captains (from left) Alan Guan (#52), Michael Phinney (#54), Nate Sampson (#7), Enhea Panarita (#88) and Jordan Mahoney (#10) will lead the Raiders against the Quincy Presidents in the 91st city football championship Thanksgiving morning, Thursday, Nov. 23 at Veterans' Memorial Stadium. Kick-off is at 10 a.m.

Photo Courtesy Amy Sampson



QUINCY HIGH SCHOOL varsity football coach Vernon Crawford (third from left) and five captains (from left) Alex Martinez (#3), Sam Swan (#72), Gabriel Rodrigues (#9), Nate Goff (#11) and Kevin Gray (#7) will lead the Presidents against the North Quincy Raiders in the 91st city football championship Thanksgiving morning, Thursday, Nov. 23 at Veterans' Memorial Stadium. Kick-off is at 10 a.m.

Photo Courtesy Quincy Public Schools

Cont'd From Page 21

averaging 166.6 passing yards per game and has an 87.9 quarterback rating.

Galligan has the single-season passing touchdown record at North Quincy (18) and the career record (24), and he looks to add to both records on Turkey Day.

Galligan has many different targets, including wide receiver Will Conley, who leads the team with 32 catches for 497 yards and eight touchdowns; his eight touchdown catches are another single-season record for the Raiders. Outside of Conley, Nate Sampson (23 catches, 346 yards, 3 touchdowns), Ben Hudach (11 catches, 205 yards, 1 touchdown), Cam Sampson (11 catches, 326 yards, 2 touchdowns), and Ben Walinjom (7 catches, 170 yards, 2 touchdowns) are among those contributing to the team's passing game.

Additionally, the team has rushed for 1,190 yards through 10 games. Hudach (105 carries, 586 yards, 3 touchdowns) is the team's leading rusher, although Galligan (68 rushes, 252 yards, 7 touchdowns), and Conley (55 rushes, 215 yards) also contribute to it. Those three have combined for over 1,000 rushing yards this season.

Defensively, Walinjom, a defensive end, leads the team with 3.5 sacks. Additionally, defensive back Nate Sampson has six interceptions, a team-high. Plus, linebacker Taylen Marquez leads the defense with 56 tackles.

This season, the two Quincy schools faced five common opponents. Those teams include: Hanover, Scituate, Plymouth South, Pembroke, and Braintree. Except for Braintree, all of these schools are fellow Patriot League teams.

The Presidents went 0-5 against these common foes, while the Raiders went 1-4.

The Presidents lost 44-16 to Braintree on Sept. 29; 41-8 to Pembroke on Oct. 7; 35-16 to Hanover on Oct. 13; 37-8 to Plymouth South on Oct. 21; and 49-24 to Scituate on Oct. 27.

The Raiders lost 30-7 against Braintree on Sept. 15; 34-7 to Plymouth South on Oct. 5; 42-28 to Scituate on Oct. 20; and 42-13 to Hanover on Oct. 27. North Quincy defeated Pembroke 43-32 on the road Oct. 13 in what was their highest-scoring game of the season.

The Thanksgiving Day contest will be the final game of the high school football careers for seniors on both sides.

The seniors for the Presidents this season include: running back/defensive back Josh Cannon, wide receiver/defensive back Larry Brown, tight end/linebacker William Lanergan, wide receiver/defensive back Gavin Regan, tight end/linebacker Kevin Gray, tight end/linebacker Ashton Harris, running back/linebacker Gabe Rodrigues, wide receiver/defensive back Owen Desmond, wide receiver/defensive back Felipe Ducioni, wide receiver/defensive

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KEY OFFENSIVE PLAYERS for the Raiders and Presidents include (from left to right) North Quincy quarterback Mikey Galligan, North Quincy running back Ben Hudach, Quincy quarterback Nate Goff and Quincy running back Jonas Ala seen in action earlier this season.

Quincy Sun Photos/Robert Bosworth

North Quincy High School Varsity Football Cheerleaders



LEADING THE CHEERS for the Raiders' football team this season are the North Quincy High School varsity football cheerleaders. Front row left to right: Sophia Kyranis, Emma Cramond, Maddie Smith (captain), Sophia Palermo (captain), Emma Boylan (captain), Jade Manning (captain), Izzie Reyes and Grace Lowe. Middle row: Sophia La-Penna, Grace Flaherty, Zahra Alzubaidy, Colby McIntosh, Fallyn Scott, Alanna Lynch, Mary Brea and Kylie McDonald. Back row: Madyson Maloney, Shauna Foran, Grace Healy, Gianna Bassett, Brigid Burke, Chloe Brunelle, Annie Hays, Hadley MacDermott, Margaret O'Brien and Alex Darcy.

Quincy Sun Photo/Robert Bosworth

Quincy High School Varsity Football Cheerleaders



LEADING THE CHEERS for the Presidents' football team this season are the Quincy High School varsity football cheerleaders. Front row left to right: Aliya Wiggins, Lovina Ugwu, Mint Jindawit (captain), Eva Picarski (captain), Sarah Doyle (captain), Izzy Picarski (captain), Kristen Donovan and Esther Oliveira. Middle row: Jariely Martinez, Jayla Dodson, Jake McKenzie, Jayda Sesay, Nadia Faticanti, Peyton Zacharias, Anyia Groomes and Alyson Doyle. Back row: Nalia Tejeda-Diaz, Natalie Smith, Mackenzie Anderson, Jayla Phillips, Hannah Elder, Frances Verrochi, Marilyn Bonica and Cora Bowman.

Quincy Sun Photo/Robert Bosworth

The Series: Quincy 49 Wins, North Quincy 36 Wins, 5 Ties

Results From The 90 Games

Entering Thursday's 91st annual football game between the Quincy Presidents and the North Quincy Raiders, Quincy High School holds the edge with a 49-36-5 series record.

Last November, the Presidents defeated the Raiders 40-35. Quincy quarterback Andrew Novak accounted for all six Quincy touchdowns – throwing for five and rushing for another – including a 5-yard pass to Jacey Ham with 3:35 remaining in the fourth quarter for the winning score. It was the most points scored by the two teams in a Q-NQ game in series history eclipsing the 64 points scored in 1955 (Quincy 44, North Quincy 20).

Quincy's win in 2022 snapped the Raiders two-game win streak in the holiday game.

In November 2021, the Raiders defeated the Presidents, 15-12 in the 89th title game. In April of 2021, the Raiders defeated the Presidents 21-0 in the 88th annual city championship. The traditional Thanksgiving Day game match-up in 2020 was cancelled due to the COVID-19 pandemic. As a result, the game was played on Sunday, April 11.

Quincy won four straight games from 2012 to 2015.

North snapped that winning streak in 2016 with a 13-6 victory over Quincy.

The Raiders were victorious from 2009-2011 after

the Presidents reeled off 10 straight wins (1999 - 2008).

The contests in 1934, 1937, 1940 and 1983 were scoreless affairs, while the 55th meeting in 1987 ended in a 14-14 stalemate.

The series was last deadlocked at 7-7-3 going into the 1950 game.

The series history:

1933: North 6, Quincy 0
1934: North 0, Quincy 0
1935: North 14, Quincy 6
1936: North 6, Quincy 0
1937: North 0, Quincy 0
1938: Quincy 19, North 0
1939: North 6, Quincy 0
1940: North 0, Quincy 0
1941: Quincy 34, North 0
1942: Quincy 27, North 0
1943: Quincy 12, North 7
1944: North 6, Quincy 0
1945: North 7, Quincy 0
1946: Quincy 31, North 6
1947: Quincy 19, North 6

1948: North 8, Quincy 6
1949: Quincy 25, North 0
1950: Quincy 20, North 0
1951: Quincy 21, North 0
1952: Quincy 32, North 19
1953: North 20, Quincy 7
1954: Quincy 18, North 0
1955: Quincy 44, North 20
1956: Quincy 19, North 13
1957: Quincy 18, North 7
1958: Quincy 25, North 16
1959: North 18, Quincy 14
1960: North 28, Quincy 20
1961: Quincy 10, North 0
1962: North 18, Quincy 0
1963: North 14, Quincy 10
1964: Quincy 12, North 8
1965: Quincy 20, North 16
1966: North 8, Quincy 0
1967: North 14, Quincy 6
1968: Quincy 21, North 8
1969: Quincy 53, North 0
1970: Quincy 16, North 6
1971: North 30, Quincy 12
1972: North 24, Quincy 8
1973: North 20, Quincy 10
1974: Quincy 14, North 13

1975: North 15, Quincy 8 (OT)
1976: North 24, Quincy 0
1977: Quincy 34, North 8
1978: Quincy 13, North 7
1979: Quincy 34, North 3
1980: North 27, Quincy 20
1981: North 7, Quincy 0
1982: Quincy 26, North 3
1983: Quincy 0, North 0
1984: Quincy 14, North 12
1985: North 7, Quincy 6
1986: North 24, Quincy 7
1987: North 14, Quincy 14
1988: Quincy 29, North 21
1989: North 27, Quincy 26
1990: Quincy 23, North 17
1991: North 7, Quincy 0
1992: North 20, Quincy 0
1993: North 14, Quincy 7
1994: Quincy 21, North 14
1995: Quincy 9, North 7
1996: Quincy 12, North 7
1997: Quincy 7, North 0
1998: North 21, Quincy 6
1999: Quincy 21, North 13
2000: Quincy 28, North 13

2001: Quincy 12, North 7
2002: Quincy 12, North 7
2003: Quincy 20, North 7
2004: Quincy 27, North 0
2005: Quincy 14, North 0
2006: Quincy 10, North 0
2007: Quincy 28, North 7
2008: Quincy 27, North 17
2009: North 21, Quincy 6
2010: North 13, Quincy 6
2011: North 27, Quincy 17
2012: Quincy 30, North 14
2013: Quincy 14, North 0
2014: Quincy 33, North 6
2015: Quincy 33, North 20
2016: North 13, Quincy 6
2017: North 7, Quincy 6
2018: North 33, Quincy 8
2019: Quincy 20, North 6
*2020: North 21, Quincy 0
* 2020 Thanksgiving Game was cancelled due to the COVID-19 pandemic. The game was played April 11, 2021.
2021: North 15, Quincy 12
2022: Quincy 40, North 35.

Raiders, Presidents Ready For THE GAME

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back Joseph Frye, offensive lineman/defensive lineman Antonio Branch, and offensive lineman/defensive lineman Sam Swan.

And the seniors for the Raiders this year include: running back/linebacker Taylen Marquez, fullback/linebacker Ariel White, wide receiver/cornerback

Nate Sampson, fullback/linebacker Jordan Mahoney, wide receiver/cornerback Dan Hudach, wide receiver/defensive end Ben Walinjom, wide receiver/

cornerback Dominic Gonzales, running back/safety Ben Hudach, wide receiver/cornerback Will Conley, guard/linebacker Noah Baker, guard/linebacker Alan

Guan, center/defensive tackle Michael Phinney, guard/defensive tackle Ray Marcial, guard/defensive tackle Kevin O'Shea, guard/defensive tackle Brody

Baker, offensive tackle/defensive tackle Mike Akpobi, wide receiver/safety Tommy Tommy Wirtz, tight end/defensive end Paul Glynn, and tight end/linebacker Enhea Panariti.



NORTH QUINCY players to watch include (from left to right) wide receiver Will Conley, wide receiver Ben Walinjom and wide receiver Nate Sampson.



QUINCY players to watch include (from left to right) wide receiver Owen Desmond, tight end Kevin Gray and wide receiver Darryl Wright.

Quincy Sun Photos/Robert Bosworth

Kilroy Square Holiday Market Nov. 24-26, Dec. 1-3

For two weekends only, Nov. 24th-26th and Dec. 1st-3rd, the Quincy Chamber of Commerce is holding the Kilroy Square Holiday Market featuring artisan pop-up shops.

Hours are Fridays 4-9 p.m., Saturday and Sundays 11 a.m. to 4 p.m. Santa will visit Sunday, Nov. 26 from 1 to 4 p.m.

This is the third year that the Kilroy Square Holiday Market has been held. This year's market will include a larger heated vendor tent, a variety of food trucks, and over 95 specialty vendors.

Located at 25 Cottage Ave., the downtown courtyard and indoor gallery will be filled with holiday spirit. Here, attendees can enjoy holiday shopping from artisans specializing in jewelry and clothing, beauty and skincare, food and drink, home goods, and much more.

Members of Boy Scouts Troop 42 will be selling wreaths and Christmas Trees, Widowmaker Brewing has returned with their brewed beer, and The Townshend will once again provide cold and hot drinks and refreshments.

Event sponsor is Abington Bank. For more information and a list of vendors visit: www.kilroysquaremarkets.com.

Honoring And Remembering Our Veterans



MEMBERS OF THE Quincy High School football team recently assisted the City of Quincy Veterans Services Department by placing U.S. flags at the graves of veterans at Mount Wollaston Cemetery to honor and remember our veterans prior to Veterans Day. Left to right are: Gavin Regan, Oliver Levine, Jonas Ala, Kevin Gray, Will Langeran, Nate Goff, Jacoby Quinn, Diego Tavares-Goncalves, Elijah Charles and Will Codner.

Courtesy Photo

School Board Discusses Athletics Competitiveness

By SCOTT JACKSON

School Committee members want to explore ways to make the sports teams at the city's two high schools more competitive.

The school board's athletics and wellness subcommittee met the evening of Nov. 15 with Kevin Mahoney, the athletic director for the district, to review the fall sports season and preview the upcoming winter season.

During that meeting, Tina Cahill, the chairperson of the subcommittee, asked Mahoney how the two high schools could be more competitive in sports like soccer and football. The varsity soccer teams at Quincy High School finished the fall season with a combined record of 4-30-2 while North Quincy High School's varsity squads were a combined 5-22-10. As for football, the Presidents are 3-7 and the Raiders are 4-6 headed into the annual Thanksgiving game between the two schools; North did qualify for the Div. 2 state football tournament this season.

"As much as it's not all about winning and losing," Cahill said, "it doesn't build up a lot of confidence and team camaraderie and all that kind of stuff. My ques-

tion would be mostly, can we be doing something different? Are we looking at how we are doing things and what can we do better to kind of make a difference in the outcomes?"

"I think we don't have to settle - if other schools and other teams are being successful, why can't we be? We have a huge population of students and how do we get them engaged so they want to play and give them support and structure to be successful?"

Committee member Emily Lebo said the schools should look into the possibility of holding camps for student-athletes in the off-season.

"I can't quite remember, but I know there used to be camps offered. Can we do that? Even though we're not supposed to be coaching in the summer, can we offer some sort of camps, especially for the soccer, because I've seen those North Quincy girls working out by themselves at the end of the on the beach at 7 o'clock in the morning," Lebo said.

"I know the coach can't be there, but is there something we can do?"

School board member Paul Bregoli, a former soccer and basketball coach at

North, suggested offering team sports at the middle school level.

"One of the things I had suggested a couple years ago was getting our middle schools involved with some team sports. Soccer is an easy one. It doesn't cost an awful lot of money," Bregoli said.

"What I said before is that gives you a familiarity with your school so that you have some pride in your jersey and that carries over to the high school level, I think. I know when we were successful years ago, we had the middle school program. I played in it - it was junior high school. The same thing with basketball. They're not high-cost sports."

Bregoli also suggested having a mentorship program in place to support the coaches at the high schools.

"Our coaches, some of them are young coaches, and is there any consideration given to giving them a mentor, someone with experience, not necessarily to participate in the coaching end of it, but just to give them a layout of how you can build a successful program," he said.

"I did it for a long time, and we were pretty successful, but I was fortunate I had

great coaching before, so I drew on that. I just don't see us helping our coaches to be successful and I'm wondering if a mentoring program would help that."

Cahill asked about the possibility of sending the coaches to clinics to help them develop.

"Are there coaching clinics where we can say, 'we have good coaches, but all of us, in whatever we do in life, we can do better,' and have some better training and better trends and things like that," she said.

Mahoney, the athletic director, said there have been clinics offered over

the years, organized by either the MIAA or coaches' associations. The district also began participating in the Positive Coaching Alliance last year, which he described as a sort of mentorship program. Mahoney said last year's presentation focused more on engaging the students and he could look to see if there were sport-specific offerings available.

Bregoli said that when he was a young coach, he found clinics to go to. He recalled listening to John Wooden, who coached UCLA's basketball team to 10 championships in a 12-year period, during one such event.

"Those things are available. They're out there," Bregoli said. "You just have to look for them."

This fall, Quincy High School had 240 students participate in seven sports. The school had seven Patriot League All-Stars: Kevin Gray and Gabe Rodrigues (football); Declan Rogers (boys' soccer); Grace Connor (girls' soccer); Salma Boukhtam (girls' cross country); Ryan Aitsaid and David Schmidt (boys' cross country); Paige Mann (girls' volleyball); and Jack Dunn (boys' golf). Boukhtam was named Fisher Division MVP

Cont'd On Page 26

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School Board Discusses Athletics Competitiveness

Cont'd From Page 25

in girls' cross country and qualified for this past weekend's MIAA Cross Country State Championship Meet. The girls' volleyball team qualified for the Div. 1 state tournament. Dunn qualified as an individual golfer at the Div. 1 South Sectional.

At North Quincy High School, 271 students participated in seven sports. The school had 16 Patriot

League All-Stars: Will Conley, Mikey Galligan and Michael Phinney (football); Justin Lui (boys' soccer); Jackie Manning and Lucy McLaughlin (girls' soccer); Grace Cody, Aluna Coogan-Coyne, Zoe Nelson and Amelija Slezas (girls' cross country); Ava Bryan, Sadie Johnston, Kathy Mo and Brooklyn Rizzo (girls' volleyball); and Aidan Bridges and John Toland (boys'

golf). Mo was named the Fisher Division MVP in girls' volleyball. Coogan-Coyne qualified for this past weekend's MIAA Cross Country State Championship Meet. The girls' volleyball team qualified for the Div. 2 state tournament and the boys' golf team qualified for the Div. 1 South Sectional.

Mahoney said registrations were in progress for

the upcoming winter sports season, which begins the Monday after Thanksgiving.

For the upcoming season, Quincy and North Quincy will each field a varsity boys' ice hockey team; the teams will have a combined junior varsity squad for the second straight year. In March, Mahoney had said the boys' hockey programs might have had to compete as a co-op this sea-

son because of a decline in the number of players, but at this past week's meeting he said they would field separate teams this year.

Cahill asked Mahoney about requiring ice hockey players to wear neck guards. Last month, Adam Johnson, a former NHL player, died after an opposing player cut his throat in an on-ice collision while playing in England.

"Have you given any

consideration to the neck guards for hockey? I think it's an easy kind of fix," Cahill said. "[The MIAA] haven't made any determinations in regard to the neck guards yet but we as a system can have them wear them."

Mahoney said he would look into the possibility of having the hockey players wear neck guards and whether the district could provide them to the players.

Family Liaisons Meet With School Committee

By SCOTT JACKSON

The district's four family liaisons met with the School Committee recently to highlight the work they are doing to connect parents with the school system.

The family liaisons — Moshi Doane, Laura Tung, Ray Luo and Bin Wu — along with Heather Wojcik, the district's coordinator of English learner education, all appeared before the School Committee on Nov. 15 to discuss the role they

play in the school system.

"As family liaisons, our mission is to serve as the language and cultural bridge between families, the schools and the community," Wu said.

When new families enroll in the Quincy Public Schools, they are asked about the languages spoken at home, Tung said. If they speak a language other than English, the students are screened to determine if they need English learner

services and the families can receive interpretation support during the registration process.

The family liaisons begin their outreach once a student is identified as an English learner, Tung said. The liaisons speak the four most spoken languages in the district, she explained: Cantonese, Mandarin, Portuguese and Spanish.

"We will contact the families by using our native language to introduce [them] to

Quincy Public Schools and answer their questions or concerns," Tung said. "As a result of that, families can use the most comfortable language to communicate and to ask questions."

Luo said the liaisons host orientation sessions for parents to cover various topics. They include how to use the school website; how to understand the school calendar, including holidays and early release days; how to contact the schools and various staff members; what is Aspen and how to use it; health information, like when to stay home and the fact that students cannot take medication on their own on school grounds; the English learner education program; the English Learner Parent Advisory Council; and community resources, like health services and the Thomas Crane Public Library.

Doane noted the liaisons also offer parent academies, the goal of which "is to help the parents of English learners and former English learners learn more about the education system here in Quincy Public Schools in their native language." Four parent academies were offered last year, and attendance rose from 64 people at the first session to 90 at the last one. One parent academy has been offered so far this year, which 116 people attended.

The topics of the parent academies are based on the questions the liaisons frequently receive, Doane said.

Topics for the current school year include how do you check your child's schedule and attendance, how do you access your child's report card, how to prepare for a report card conference with your child's teacher, what type of state assessments will your child take and why, what you should do before the end of the school year, and what your child can do during the summer months.

In addition to working with the families, Doane said the liaisons and Wojcik work with Quincy Public Schools staff to provide professional development. Last year, they focused on family engagement through the lens of language access for elementary and middle school English learner teachers. They also presented at a mentor meeting for all new teachers and their mentors. This year, the liaisons gave presentations during the district-wide professional development day on Nov. 7.

School Committee members said they were impressed with the work the liaisons have been doing.

"What a valuable asset you folks are to us," said Emily Lebo. "I see the increase in the numbers and the participation and these families feeling they can talk to somebody and understand them."

"I'm astonished how far we've come as a school district and as a society around language access just over the last five years or ten

years," said Douglas Gutro. "You're doing a great job of it. It's pretty astonishing."

Gutro asked how many languages are spoken at home by the families of Quincy Public School students. Wojcik said there are a lot of different ones spoken, noting Point Webster Middle School has a chart showing the 38 languages spoken at home among its families.

Gutro also asked if there were English classes available for parents of Quincy Public Schools students. Wojcik said the district refers families to Quincy Asian Resource Inc., which offers free programs available during the day, and to Teaching Resources of America, which offers them in the evening. The Thomas Crane Public Library also has programs available for English learners.

Committee member Kathryn Hubley thanked the liaisons for the impact they have on students and families. She also asked if they cover topics like transportation, sports and other after-school activities during either orientation sessions or the parent academies. Luo said they are open to adding new topics.

Mina Al Tikriti, the student representative from Quincy High School, asked about outreach to families who speak a language other than the four that liaisons speak. Doane said those families can contact the liaisons and use the district's language line to receive live interpretation.

'Meet Fances Perkins, The First Female U.S. Cabinet Secretary Part II'

Nov. 30 At Adams Academy

On Thursday, Nov. 30th, at 7 p.m. at the Adams Academy, Quincy Historical Society will welcome back historical performer Janet Parnes for the second part of her one-woman performance as Frances Perkins, the first woman to become a presidential cabinet member.

Perkins' service as United States Secretary of Labor, from 1933 to 1945, was the culmination of a long series of groundbreaking

accomplishments that made her one of the most influential Americans of the first half of the twentieth century. As Frances, Janet Parnes will escort us through Perkins' nomination process, her time in FDR's cabinet during the Great Depression and World War II, her time teaching at Cornell, and the impact that her work had on her personal life.

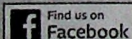
This program is designed to be enjoyed by itself. It's not necessary to have seen

part one.

There is also a Quincy connection to Frances Perkins' story. She was a good friend of Molly Dewson, a Quincy native, who was a brilliant reformer and political operative and, like Perkins, a significant member of the New Deal. It was Dewson who organized and led the campaign that resulted in Perkins' appointment as Secretary of Labor.

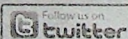
The program is free and open to all.

Quincy Access Television
88 Washington Street
Quincy, MA 02169



QATV

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Public Access Channel 8

Thursday, November 23
8:30am: LIVE: Thanksgiving Pre-game Show
10:00am: LIVE: Thanksgiving Football
8:00pm: Thanksgiving Football

Friday, November 24
12:00pm: Thanksgiving Football
8:00pm: Thanksgiving Football

Saturday, November 25
12:00pm: Thanksgiving Football
10:00pm: Thanksgiving Football

Sunday, November 26
12:30pm: LIVE: Christmas Parade
8:00pm: Thanksgiving Football

Monday, November 27
11:30am: LIVE: Currently in Quincy
8:00pm: Thanksgiving Football

Tuesday, November 28
7-9:10am: LIVE: AM Quincy w/Joe Catalano

Wednesday, November 29
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday November 23
4:00pm: Board of License Commissioners 11/14
5:00pm: Zoning Board of Appeals 11/14

Friday November 24
8:30pm: Good Deeds: We Remember Our Veterans

Saturday/Sunday, November 25/26
9:30am: For Your Health
10:00am: Good Deeds: We Remember Our Veterans
10:30am: In Your Neighborhood: Ward One
12:00pm: City Council 11/20
4:00pm: Board of License Commissioners 11/14
5:00pm: Zoning Board of Appeals 11/14
7:00pm: City Council 11/20
9:00pm: MA House of Representatives

Monday November 27
8:00pm: Veterans Day Parade & Ceremony 2023

Tuesday November 28
4:00pm: LIVE: Board of License Commissioners
6:00pm: LIVE: Zoning Board of Appeals

Wednesday November 29
6:00pm: In the Know: Norfolk County Sheriff
8:30pm: In Your Neighborhood: Ward One

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

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Happy Thanksgiving – Now Is The Time For Love, Peace, Forgiveness

Shalom, peace greetings, and Happy Thanksgiving to all. Once I was watching Charlie Brown's Thanksgiving. It is part of the Charlie Brown series which airs every year on ABC around the time of Thanksgiving. In that particular episode, Charlie Brown's friend Peppermint Patty invited herself along with her friends to Charlie Brown's house for the celebration. When they sat at the table Charlie Brown served them sandwiches, popcorn, and potato chips. Peppermint Patty was very upset. She threw everything away and began yelling asking Charlie Brown, "Where is the mashed potato? Where is the turkey? Where is the cranberry sauce?"

Marcy, who was more reasonable, asked Peppermint Patty if she was invited by Charlie Brown or if she chose to invite herself. That settled the situation.

Thanksgiving is a wonderful holiday. The word thanksgiving is the English translation of the Greek word Eucharisto, which means to give thanks. The Eucharist in the Christian/Catholic tradition is the meal that Jesus Christ ate with His disciples on the eve of His crucifixion. The meal is referred to as Communion. It is the only meal which guarantees eternal life, according to Christ: "Whoever eats this bread will live forever" (John 6:51-59).

The time to celebrate Thanksgiving has a chronological aspect (kronos) in the Greek. It also refers to an appointed time (kairos) in the Greek. The feast originated in 1621 when the pilgrims who were settlers from England gathered with their native American neighbors in Plymouth, Massachusetts for a meal. They wanted to give thanks to God for a bountiful harvest. Since there was an abundance of wild turkeys at the time in Plymouth, some historians assumed that the pilgrims had eaten turkey during the first thanksgiving. Yet there is no evidence that that was the case. Today, turkey is the main course of the Thanksgiving meal. It was President Abraham Lincoln who on Oct. 3, 1863 declared Thanksgiving a national holiday in the United States. Thanksgiving is celebrated in the United States on the fourth Thursday in November. The date of the Thanksgiving feast was specified in 1941 in a joint resolution passed by Congress. In 1942, President Franklin D. Roosevelt issued a proclamation about the feast.

My first Thanksgiving took place in my magnificent and beautiful native country, Haiti. My father, Joseph Fabien, was a lawyer. He was also the head of a school, St. Yves School. He founded the school with his friend who disappeared during the dictatorship at the time. My mom was a businesswoman. She also worked for the Ministry of Foreign Affairs and Cults. One day while she was at work a stranger came with 10 lottery tickets. They were part of the National Lottery. He gave a ticket to 10 people at the ministry. My mom was one of them. After work my mom came home. We had a meal. It was a turkey dinner. Then we went to see the drawing in town in front of the building of the National Lottery. My mom had never played even a raffle. We did not know what to expect. To our surprise when we got there, we realized that my mom held in her hand one tenth of the big winning ticket. The winning prize worth the value of a house then. We did not know what to say. I told my mom that it was the fourth Thursday in November. My English teacher at that time, sister Rosalie, told us that in America there was a huge feast called Thanksgiving. People gave thanks to God and ate turkey. This was my first Thanksgiving celebration. Since that time I knew that God was up to something great in our lives and that America would be part of it. Yet we had no intention of leaving Haiti.

At the time of my first Thanksgiving, life in Haiti was no different than in Quincy. Like all Haitians we loved to dance, laugh, be with family, and eat exotic food such as legumes griots bananas pessee, sweet fried banana etc. Every day was a party day and also a prayer day. Haitians are people of great faith, hope and love. We value children from the womb and beyond. Haitians also value marriage and family. For us not having a good marriage is no excuse to sabotage or redefine this great gift from God. Everyday in Haiti was like living in paradise. Work ended at 2 p.m. There was music everywhere in the streets, on the buses, in taxis at church etc. The sky was always blue and the weather always warm. It rained only in the summer during the hurricane season. We enjoyed welcoming tourists. The greatest feast times were carnival, Christmas, and the feast of the saints. Parties lasted for days. They were like huge fairs with a lot of food like in the North End of Boston. Even the poorest people could buy food.

Port au Prince, the Capital city, was very beautiful. There were many magnificent historical buildings throughout the city. They were similar to those of Washington D.C. The National Palace and the beautiful Cathedral which collapsed in the 2010 earthquake were among those buildings. We were very attached to our history. Haitians are very patriotic, especially since in 1804, we were the first black colony to gain

our independence. Our ancestors who were slaves, defeated the Napoleonic Army and chased the French colonists from Haiti. Our ancestors repeatedly stated that our country sits on gold. Recently, experts mentioned the presence of a lot of oil in our soil. There was practically no violence, never a gunshot. We did not know the word kidnapping. There was no killing, and above all, there were no incidents of rape. Most of the Haitians wanted to stay at home in spite of the dictatorship which everyone hated. We wanted a change of regime. No one ever anticipated the collapse that followed the end of the dictatorship and the terrible earthquake of 2010. I prophesized about it two months before it happened in the national newspaper, the *Nouvelliste*. No one paid attention.

While we are celebrating Thanksgiving in America, and especially in Quincy just after municipal elections, I want to congratulate those who won. While people vote, ultimately God is the one who places people in high places. It is Jesus Christ who gives us the victory. Therefore give thanks to the Lord (Eucharisto). We pray for all those in office. We urge the winners to get on their knees and give thanks to God. We urge all officials to work together humbly with all diligence to maintain the peace and well being of the people of Quincy. We encourage them to offer the fruit of their labor as a thanksgiving to God as a prayer.

To those who did not get elected, we remind you that defeat is not the end of life. Great leaders are not concerned about elections. They are more interested in making life better in their communities for generations to come. Please remember that you do not have to be an elected official to serve the people of Quincy. God is not done with you. As we say in Haiti, "While you miss a recorder you gain a piano." The lives of Winston Churchill, of Abraham Lincoln, and Barack Obama testify to that. Therefore, now is the time to give thanks to God. Now is the time for love, peace, and forgiveness. Now is the time to produce, to multiply, and to leave selfishness aside. Now is the time to act and to hope for the best of the people of Quincy. We give thanks to God for Quincy, the City of Presidents which is on its way to be the #1 city to live in America. We declare and decree that there were two Presidents from Quincy, John Adams and John Quincy Adams; a third president of the United States of America is being raised in Quincy now.

As we are celebrating Thanksgiving, we give thanks to God for the Shalom peace of Quincy.

Quincy welcomes people from over 90 nationalities in this season whether you are Christian, Catholic, Indus, Bahai, Jew, Muslim, Buddhist, etc. we urge you to pray for the shalom of Quincy and of the world. As you are gathered together at table with friends and family, we urge you to thank God for food on our table, roof over our heads, for our clothes, our health, for those who welcomed us etc. We urge you to remember those who are abandoned in nursing homes, those suffusing in hospital beds, the children unjustly separated from family, the homeless, those who are in prison and those mourning etc. in the war zones.

Your situation will change. Take a moment daily and set aside all electronics gadgets, phones, laptops, iPads to be still and give thanks to the Lord. Then we will experience no war, no worry, no refugees, no sickness. Then the Lord will favor, bless and renew the earth. He will act say "Be still and know that I am God" (Exodus 14:14; Psalm 46:10). We urge you to pray for the people of Haiti who are fleeing from violence, natural catastrophe, kidnapping, rape, hunger and extreme poverty. We urge you to remember and pray for peace between Israel and Palestine, Ukraine and Russia.

We are very grateful and give thanks to God for the wonderful people of Quincy who welcome us here. We give thanks for the people of Eastern Nazarene College in Wollaston who welcome our newly arrived Haitian refugees. We thank them for working diligently for a smooth transition to more permanent homes for our people. Thank you for giving us the opportunity to volunteer and take part in the process of bringing and distributing clothes for the newcomers in Quincy as they are moving forward to their new location. Our thanks especially to Dr. McCoy, to Mrs. Patty Vasquez, and Mrs. Amy Hwang from the Eastern Nazarene College library, and to Mrs. L. Michaels. May God shower abundant blessings on you for your hospitality toward our beloved Haitians. Our thanks and "Happy Thanksgiving" to all who donated clothes to us, namely our great neighbor from Sean Barber Shop, Mrs. Gail McDonald to the parents and responsible of Cornerstone Campus in Wollaston, the people of Wollaston Baptist Church for their clothes drives for the Haitians newcomers. Thanks also to Mrs. Christine Koch and Mrs. Maread Connoley, and all.

In this time when we celebrate Thanksgiving in Quincy, I am pouring the anointing of the Holy Ghost on all for health, no lack, prosperity, fruitfulness, multiplication, dominion, speed, visibility door openings, restoration and more in the

name of Jesus. May money come after you and over take your bank accounts, stocks, businesses and all your assets. Open your mouth and say something great is coming my way before the end of the year. "Death and life are in the power of the tongue" (Proverbs 18:21). Meditate on God's word: "Give thanks to the Lord for He is good. His mercy endures forever." Say "I will bless the Lord at all times. His praises will ever be in my mouth." Meditate and be still and see the gates of heaven opened for you. You will experience no lack, debt-cancellation, marital settlement, wealth and riches will be in your homes victory, joy and peace.

Happy Thanksgiving to all are serving this extraordinary city in public office in Quincy, Mayor Mr. Koch, Mr. Tom Fabrizio, Mr. Mark Carey, our friends and state Rep. Tackey Chan. Happy Thanksgiving to all the police officers, Officer Mullane, Officer and Councillor Minton, the firefighters, the teachers, those who serve at Wendy's, McDonald's, Burger King, Kentucky Fried Chicken, Popeyes, Cathay Pacific, The Chantey, Clam Box, Star Market, Stop and Shop, Mr. Ed and Mr. Al of Roxie's, Domino Pizza, Donovan Car Auto Body. Happy Thanksgiving to our trash remover from Capitol, our delivery workers from Grub Hub, Huber Seats.

Happy Thanksgiving to all our priests, Father Lou Palmieri, Father Casey, Father Andre of Divine Mercy Sacred Heart, Father Matt, Father Di Lorenzo, Father Brian of St. John the Baptist and St. Joseph. Thanks for the daily exposition of the Holy Eucharist on weekdays, Mr. Stan Bohall for exposition of the Holy Eucharist at Sacred Heart, Father Martin Dzengeleski. Happy Thanksgiving to all the nuns in Quincy especially the Daughters of Jesus of Nazareth and leading Mother, Olga. Happy Thanksgiving to all our pastors and to their congregations, especially Pastor Aaron and Family from Life Community, Pastor Steven of High Rock, Pastor Rocky Chan, Lighthouse Church, Eastern Nazarene, Christ Church, Bethany Church. The Church of the Presidents, Wollaston Baptist Church, the teachers, nurses nursing assistants, our librarians,

Our thanks to all of the benefactors of St. Yves School Haiti especially Father Dane Finn, Father McNamara, Father Jack Ahern, Mr. Bob Bosworth and The Quincy Sun; QATV, Mr. Jonathan Caliri, Mr. Mark Crosby, Mr. Joe Catalano, Mr. Chris, Mrs. Carol Themmen, Mr. Michael Jarvei, Mr. Ryan McWade, Attorney Bob Dolbec, Attorney Jimmy Gavigan, Attorney Bill Phelan, Attorney George Burke and family, Mrs. Hanlan, Mr. Pat and the Knights of Columbus, Mr. Jerry and Mrs. Debby McAdams, Mr. and Mrs. Rich Green, Mr. Steven Buckley, Miss. Erica, Mr. Vince Velocity, Stars, Gennaro's, Mr. Chris Meineke Southern Artery. Mr. and Mrs. Lynn, Dr. and Mrs. Susan Bill, Dr. Marc and Mrs. Chris Jennings, Mrs. Rose Myzek Mrs. Eddie Donovan, Mr. Thomas and Mrs. JoJo Costello, Mr. Bill and Mrs. Julie Berberan, Mr. and Mrs. Helen Huang, Mrs. Elsie Laguerre, Mr. Maurice and Mrs. Raymonde Duc Caprice, Mrs. Ann Di Martello, Joella Sarruda, Mrs. Marie O'Connell, Mr. Kevin Wilbur, Mr. Peter and Mrs. Sue Graceffa, Mr. Larry and Mrs. Lea Shea, Mr. Jim and Mr. Ann Morash, Mrs. Jean Ward, Mrs. Jerry Mullen, Mrs. Caroline Mullen, Mr. Kevin Wilbur. Happy Thanksgiving to our veterans, Mr. Brian McGee, Mr. Al Raemer, Mrs. Jill Raemer, Ms. Kirstin Raemer and all. Happy Thanksgiving to Grace L'Or and Mom Mrs. Tita Jean Fabien.

Thanks to all of you who throughout the year are contributing to enable us to support the St. Yves School in Haiti and send money each month with the help of Mrs. Gail MacDonald to contribute to pay for our children in first, second and third grades.

St. Yves School is tax deductible. Donations can sent to PO Box 60, Wollaston MA 02170.

Watch us at QATV.org Channel 8 Saturday 7 p.m., Wednesday 7 p.m., Sunday night or on BNN, CCTV, Cambridge, Brockton TV, Salem TV, Abington TV etc. and on YouTube, The Call Global.

Shalom peace and Happy Thanksgiving from St. Yves School Haiti and Marie Denise.

Mite Box Thrift Shop St. Chrysostom's Church Open Saturday

The Mite Box Thrift Shop at St. Chrysostom's Church, at the corner of Hancock St. and Linden St., Quincy, will be open Saturday, Nov. 25 from 10 a.m. to 3 p.m.

Come by and have a peek at some of our the shop's new holiday goodies and

take advantage of terrific prices.

Whether you are a long time customer, or just found out about the thrift shop, all are welcome. Drop by and say hello. Christmas will be here before we know it.

OBITUARIES

Kimlan Tran, 83

Kimlan Tran, age 83, passed away in Quincy on Nov. 2, 2023.

Kimlan was an esteemed Vietnamese educator, author, clinician and advocate.

Throughout the 1990s, Cô (teacher) Lan inspired early generations of Vietnamese refugee/immigrant children, youth, and families in bilingual education classrooms of the Boston Public Schools, including many who later attended UMass Boston. Soon recognizing the critical care need for bilingual mental health services in the schools—beyond her own classrooms—Cô Lan took on the leadership role and responsibility of becoming credentialed and licensed as the only bilingual Vietnamese school psychologist in Boston and the region for many more years.

In addition, Kim-Lan authored one of the country's very first, authentic Vietnamese American children's books, *Tết: The New Year*, in 1992 through the path-breaking Multicultural Celebrations series sponsored by the Boston Children's



KIMLAN TRAN

Museum. UMass Boston's Asian American Studies (AsAmSt) Program have often circulated multiple copies of this book from their AsAmSt library for students to recognize the important cultural and educational role of Asian American children's books. Similarly, Kim-Lan's incisive short story portrait, "Edna," published in the landmark 1995-1996 Vietnamese American Studies anthology, *Once Upon a Dream*, co-edited by Andrew Lam and colleagues, has been included in the syllabus of AsAmSt 223 Asians in the US for the past 25+ years, and is still required reading in their current teaching this year in Fall 2023. Indeed, decades before contemporary activist social media calling in and out, Trần Thị Kim-Lan modeled through her vivid creative writing portraiture, grounded in daily life experience on an MBTA bus, how and why Vietnamese-Black working-class women of color solidarity is actually embraced.

Kimlan will be deeply missed by her son, Bang La of Georgia and many relatives including her beloved nieces and nephews. She also leaves behind a community of friends, colleagues and students who will be forever grateful for her love, friendship and contributions.

Visiting Hours for Kimlan Tran were held at Tirrell Room (Hamel-Lydon), 254 Quarry St., Quincy, MA 02169 on Saturday, Nov. 18. In lieu of flowers, additional avenues for accepting donations include (1) making direct contributions at the funeral service and (2) sending donations to the provided Zelle address (via Zelle @ 571-839-4703, Linh Nghe).

Funeral arrangements under the care of Hamel-Lydon Chapel & Cremation Service. Please visit Hamel-Lydon.com to leave online condolences.

**PLEASE
RECYCLE
THIS
NEWSPAPER**

Brendan J. Marsters, 34

Brendan J. Marsters of Plymouth, formerly of Quincy, passed away suddenly on Wednesday, Nov. 8, 2023. He was 34.

He was born in Boston to Lori Marsters (Collins) and Brian Marsters and raised in Quincy. He graduated from North Quincy High School and went on to work for East Boston Savings Bank for many years before pursuing other career opportunities.

Brendan was diligent and hardworking but simultaneously the life of the party. In his spare time, he was an avid sports fan. He especially loved the Patriots as well as giving out fantasy football advice to his friends. Brendan loved music, playing the guitar and attending concerts. He kept active, skiing during the winter and biking in the warmer weather. Brendan had a way with making people feel comfortable while simultaneously making them laugh. He was fast to make friends and even better at keeping them. He was generous and giving with what he had and will be dearly missed by all who knew him.

Beloved son of Lori Marsters of Weymouth and Brian Marsters of Norwell. Loving brother to Brian Marsters of San Diego, CA



BRENDAN J. MARSTERS

and Bridget Marsters of Norwell. Cherished godson of Kathryn DeCoste and her husband Jonathan of Plymouth. Also survived by many adored cousins, aunts, uncles and countless friends.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Friday, Nov. 24th from 4-8 p.m. in the McDonald Keohane Funeral Home South Weymouth at 809 Main St. (Rte 18 opp. So. Shore Hospital). Funeral service will be celebrated privately.

In lieu of flowers, donations in Brendan's name may be made to the Lyme Disease Association, PO Box 1438, Jackson, NJ 08527, or at <https://lymediseaseassociation.org/donate/>. Please see www.Keohane.com for directions and online condolences.

David J. Ceriani, 88

David J. Ceriani, age 88, lifelong resident of Quincy passed away peacefully in his sleep on Nov. 13, 2023. Husband of the late Patricia (Shaw) Ceriani his true love and who were happily married for 25 years and raised their three beautiful children together. They traveled around the world together and could cut up the dance floor like no other couple. David was the loving partner and soulmate of Kathleen Bishop of Sharon. Loving father of David Ceriani Jr. and his wife Nancy of Attleboro, Lois Belmonte and her husband James of Pembroke, Ronald Ceriani and his wife Debra of Weymouth. He was the devoted grandfather of three cherished granddaughters Elizabeth Belmonte of Pembroke, Ashley Belmonte and her fiancé Craig McClelland of Kingston and Emily Belmonte of Pembroke.

Dave served his country in the Navy Sea Bees. He retired from GTE Sylvania after a 30 year career as an IT Manager. During his time at GTE, he had the privilege to accept a transfer for 2 years and bring his family to Kwajalein, Marshall Islands in 1972-1974 where he ran the computer main frame for Missile Range of Marshall Islands.

Dave loved to travel and play golf. He enjoyed spending winters in the Villages or cruising around the world with Kathy. He



DAVID J. CERIANI

was a member at Wollaston Golf Club in Milton for 25 years. He loved to dance Saturday nights with Kathy at the Bean Post and spending time with his family and friends.

David was a member of the Quincy Elks. He loved his pool and having everyone over to enjoy it where he was known as "Mr. C".

Relatives and friends are cordially invited to attend visiting hours and celebrate David's life on Tuesday, Nov. 21st between 10:00 a.m. -12:00 p.m. at the Hamel Lydon Chapel, 650 Hancock St., Quincy.

A Celebration of Life will be held for David at 1:00 p.m. at the Terrill Room, 254 Quarry St. in Quincy following David's interment at Mount Wollaston Cemetery.

In lieu of flowers donations can be made to the American Legion Post by visiting www.legion.org/donate.

IN MEMORIAM



Vincent J. DelVecchio
4th Year Anniversary
Nov. 22nd 2019-2023

Our Lives go on without you
But nothing is the same
We have to hide our heartache
When someone
speaks your name

Sad are the hearts that love you
Silent are the tears that fall
Living here without you
Is the hardest part of all

You did so many things for us
Your heart was kind and true
And when we needed someone
We could always count on you

The special years will not return
When we are all together
But with the love in our hearts
You walk with us forever

When you think of my
wonderful husband Vinnie,
I hope it puts a smile
on your face.

I love you Vinnie,
Miss you Pa.
Loving wife Bitsy,
Children, Grandchildren,
and Great Grandchildren.

FOREVER IN OUR HEARTS



Cynthia C. Manning

APRIL 24, 1948 - NOVEMBER 24, 2018

ALWAYS THINKING OF YOU AND MISSING YOU EVERY DAY.
YOUR FAMILY LOVINGLY REMEMBERS YOU ON YOUR
FIFTH ANNIVERSARY.

Yook Fong Chin, 85

Yook Fong Chin, age 85, passed away peacefully on the morning of Nov. 14, 2023 at South Cove Manor in Quincy.

Beloved father of Allen Chin and wife Tiffany Lee, Bennett Chin and wife Lily Chin, Cary Chin and wife Van Le-Chin, all of Quincy. Cherished grandfather of Brenda, Tyler, Brendon, Chloe, Logan, Lex, Tiffany, Kelly and Kevin.

Relatives and friends are respectfully invited to attend visiting hours on Friday, Nov. 24, 2023 from 9:00 a.m. - 12:00 p.m. at Tirrell Room, 254 Quarry St. in Quincy. A funeral procession will follow to Boston Chinatown before interment



YOOK FONG CHIN

at Blue Hill Cemetery, 700 West St. in Braintree.

Funeral arrangements are under the care of Hamel-Lydon Chapel. Please visit HamelLydon.com to leave online condolences.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884



Paul K. Leonard III, 60

Paul K. Leonard III of Rockland, formerly a longtime resident of Quincy, passed away suddenly on Monday, November 13th. He was 60.

He was born in Boston to Donna (Schermerhorn) and Paul Leonard Jr. and raised in Quincy. He graduated from North Quincy High School and attended UMASS Boston. He worked for National Grid for many years.

Paul was a huge fan of all the Boston sports teams. In his spare time, he enjoyed working out at the gym and golfing. He loved spending time with his daughter, Rose; whether it was skiing, taking her dog for a walk to the dog park, playing hide and seek by the pool or cooking her dinner. Paul loved being around people, especially his family. He had a big heart, an unforgettable personality and truly was one of a kind. He will



PAUL K. LEONARD III

be missed by all who knew him.

Devoted father to Rosemarie Leonard and her mother, Michelle Leonard of Plymouth. Cherished son of Paul Leonard Jr. of Quincy and the late Donna Leonard (Schermerhorn). Loving brother to Bob Leonard and his wife Kristin of Rockland, Debra DeLisle and her husband Donald of Taunton and Scott Leonard and his wife Julie of Norwell. Uncle to Jake Leonard, Brian Leonard, Caitlin DeLisle, Abby DeLisle, Julia Leon-

ard, Robbie Fenton, Paul McDonald, Amber McDonald, and Shane McDonald. Also survived by many cousins and friends.

Predeceased by one of his most loyal best friends, Chewy the dog.

Visiting hours were held Monday, Nov. 20th, in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:45 a.m. on Tuesday, Nov. 21st, prior to the Funeral Mass in St. Ann's Church, Quincy at 10:30 a.m. Burial in Pine Hill Cemetery, Quincy.

In lieu of flowers, donations in memory of Paul may be made to Dana-Farber Cancer Institute, P.O. Box 849168, Boston, MA 02284-9168 or to MHA, <https://mhanational.org/donate-now>. Please see www.Keohane.com for directions and online condolences.

Rose A. Kelly, 94



ROSE A. KELLY

Rose A. (Hynes) Kelly, age 94, of Quincy, died Monday, Nov. 13, 2023 at home, in the comfort of her loving family.

Rose was born and raised in Tuam, County Galway, Ireland. Rose was the daughter of the late John and Kate (Reilly) Hynes. Rose immigrated in 1948 at the age of nineteen, living with an aunt in Newburyport. Rose met the love of her life at a dance on New Year's Eve 1950. Rose and Robert J. Kelly married in 1954 and bought a home in Roslindale where they raised their two sons and daughter and enjoyed their Beryl Street neighbors for more than thirty years. In 1986 they moved to Quincy.

When their children were young, they started summering on Martha's Vineyard. They bought a vacation home in 1967 and spent summers there, as well as many holidays.

Rose was an avid golfer and a longtime member of

Rose was fortunate her sister, Eleanor B. Bennett of Quincy, also immigrated. "Ellie" was Rose's lifelong neighbor in both Roslindale and Quincy. Rose will be greatly missed by her sister. Rose was predeceased by Ellie's son, Michael Bennett, and by her sisters, Jean French and Kathleen Costello, and her brother, Tom Hynes.

Rose is survived by many nieces, nephews, and their families.

Visitation will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy, on Wednesday, Nov. 22, from 8:15 to 9:15 a.m. Relatives and friends are invited to attend. Immediately following the visitation, a Funeral Mass will be celebrated in Saint John the Baptist Church, 44 School Street, Quincy, at 10 a.m. Interment to follow at Blue Hill Cemetery, Braintree.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Farm Neck Golf Club on Martha's Vineyard. She would tee off four or five mornings a week with the ladies' group of her many friends. They ruled weekday morning golf at Farm Neck!

Rose was a devoted mother and wife. For sixty-nine years, she was the beloved wife of Robert J. Kelly. She cherished her children, Robert J. Kelly, Jr. (Kelly) of Brockton, Mark S. Kelly of Florida, and Charlene Kelly of Quincy.

Rose was the loving grandmother of Mark's children, Shannon, Colleen, and Connor Kelly.

Thanksgiving Community Meal Thursday

On Thanksgiving, Father Bill's & MainSpring (FBMS) will host its annual Community Meal in Quincy inside the new Yawkey Housing Resource Center at 39 Broad St.

The meal is open to the public.

The Community Meal will take place from 12 noon to 2 p.m. on Thanksgiving Day. For decades, the FBMS meal was graciously hosted by Christ Church in

Quincy. This year, the organization is excited to host the meal at its brand-new development, opening up this month for operation.

In addition to the Community Meal, FBMS is delivering turkey dinners to local individuals and families in need. In total, the agency expects to serve more than 1,500 meals this Thanksgiving.

The public can support this effort by donating to

FBMS' Thanksgiving Fund at helpfbms.org/thanksgivingfund.

FBMS has reached its volunteer capacity for Thanksgiving, so the agency is asking interested volunteers to consider donating to the Thanksgiving Fund or helping prepare meals for FBMS' shelter sites beyond the Thanksgiving holiday. For more information, visit helpfbms.org/support.

Troop 42 Wreath Sale Friday, Saturday

Troop 42 Quincy will sell wreaths Friday, Nov. 24th and Saturday, Nov. 25th at Quincy Credit Union, 100 Quincy Ave., Quincy from 9 a.m. to 3 p.m.

The Troop will also be

selling wreaths at Tower Automotive on Saturday, Nov. 25th from 9 a.m. to 3 p.m.

Wreath sales raise funds to support the Troop on monthly camp outs, sup-

plies for weekly meetings, and provides funds for the youth from Troop 42 to attend summer camp.

The public is welcome to stop by and support the youngsters.

READERS FORUM

An Uninspiring Referendum

In the Nov. 16th edition of the Sun, the recently-elected Mayor Koch stated, "It was a healthy win, and I'm proud of that." This framing deserves scrutiny.

Any win, no matter how decisive, can hardly be considered "healthy" when it only includes 29.93 percent of the electorate (as reported by The Quincy Sun). The history of low turnout

doesn't make this any more acceptable, and our leaders shouldn't be satisfied when they have just 17 percent of us to thank for our vote.

Ambivalence on this issue recalls a criticism which appeared in many of these letters during the campaign—that maybe our mayor prioritizes financial supporters over democratic ones. Cynics might even see this

preference echoed in last week's coverage of the latest housing developments: 16 new affordable units and 20 times as many new no-holds-barred units in the city center.

This is all to say that the verdict's still out on how this community wants to evolve.

Mike Pennisi
Quincy

Alternative Headline For Koch Victory

RE: Headline "Koch cruises to 7th Term" 11/16/23:

Your choice of verb is imprecise, at best. As reported, Mayor Koch received 10,380 votes versus Councilor Mahoney's 8,476. Let's reframe these num-

bers. If the Toronto Blue Jays beat the Red Sox 10-8, no sportswriter would ever call the difference a blowout or a landslide. They would call that "a heck of a game." No one should ever discount the solid clean campaign that Mahoney led.

She had him worried too!

Mayor Koch spent \$940,000 for his campaign. Mahoney spent \$62,000. This was an exorbitantly costly win for Mayor Koch. How about an alternative headline: "Koch Spends a Fortune for a 7th Term?"

Claire Fitzmaurice
Quincy

John 'Jack' W. Lydon III, 65

John "Jack" William Lydon III of Quincy passed away peacefully surrounded by his loving family after a courageous battle with Pancreatic Cancer, on Nov. 13, 2023, at the age of 65. Jack was the son of the late John W Lydon Jr. and Carol Anne Lydon (Moriarty). Jack was the beloved husband of Jacqueline "Jacqui" Adams Lydon. Loving father of Roxanne Ferrazzi (Lydon) and her husband Michael and their twin daughters, Olivia and Lexi Ferrazzi and new son Connor Ferrazzi of Weymouth, and Jonlyn Cuniff (Lydon) and her husband Paul of Quincy. Jack was the devoted brother of the Michael Lydon of Dorchester, the late Susan Lydon Morrell of Quincy, Kevin Lydon and his wife Anne of Mansfield, Maura Gallagher and her husband Jack of Weymouth, and Amy McDermott and her husband Chris of Squantum. Jack was the brother in law to Rick Adams and his wife Lisa of Boston and Lisa Adams of Quincy. Jack was also survived by many nieces, nephews, cousins, and friends.

Jack was a lifelong Quincy resident. He graduated in 1976 from North Quincy High School and proceeded on to Quincy Junior College. Directly from the classroom, he was offered a job working for the City of Quincy, which led to a 40 year career in the IT Department. Jack was a dedicated employee and was liked and admired by many.

He developed his love for the ocean and outdoors while growing up on Orchard Beach in Squantum. At a young age Jack became a Boy Scout and had the honor of becoming an Eagle



JOHN 'JACK' W. LYDON III

Scout. Jack was an outdoorsman from hunting to fishing and everything in between. He would often get up and be on the water before sunrise and return home after dark. Over the years Jack's many adventures led to life long friendships.

Above all else Jack was a dedicated husband, father, and grandfather. Loving husband of 35 years to his high school sweetheart Jacqui. Dedicated father to Roxanne and Jonlyn, Jack never missed a practice, game, or event for his "girly girls". One of his greatest joys was becoming a papa to his granddaughters Olivia and Lexi and long awaited

grandson Connor.

Jack was one of a kind and will be greatly missed by all who had the pleasure of knowing him.

Relatives and friends are respectfully invited to attend visiting hours for Jack Friday, Nov. 24th from 10-12 p.m. at the Hamel-Lydon Chapel, 650 Hancock St., Quincy. A Tribute for Jack's life immediately following at 1 p.m. at the Old Colony Yacht Club, 235 Victory Rd., Dorchester, MA. For more information and online condolences please visit www.HamelLydon.com.

In lieu of Flowers: Please donate to Dana Farber Cancer Institute.

BBB Tips: How To Buy Out-Of-Stock Items

By BETTER BUSINESS BUREAU

National experts are predicting an increase in spending this holiday season. There is also a concern if many of the items on consumers' holiday lists will be available on the shelf or online and are faced with the disappointing words: "Sorry, this item is currently out of stock." That's especially true when there are challenges with supply chains.

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

REFERENCE CASE NO. ZBA-21-46

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, December 12, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the matter of Kristine Mare Fell Trustee, et al v. West Boylston, LLC, et al, Norfolk Superior Court Docket #2182CV00890A, regarding Case ZBA-21-46 which "has been remanded" to the Zoning Board of Appeals. The purpose of the remand is for the Zoning Board of Appeals to issue further findings regarding the application for a variance to construct a single-family home on the premises numbered 0 (11) GERTRUDE AVENUE. No public testimony will be taken.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/60217>.

Martin Aikens, Chairman

11/22/23, 11/30/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-73

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, December 12, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Chris Chow for a Variance & Finding to Extend the Rear of the Home and Increase the Height of the Roof in violation of the Quincy Zoning Ordinance Section 3.4.3 Nonconforming Structures and 4.1.1 Conformance on the premises numbered 30 NILSEN AVENUE, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/106830>.

Martin Aikens, Chairman

11/22/23, 11/30/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-81

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, December 12, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Florence Lee for a Variance, Finding & Special Permit/Flood Plain to subdivide the lot and construct a single family home on the newly created lot in violation of the Quincy Zoning Ordinance Sections 3.4.3 Nonconforming Structures, 4.1.1 Conformance, 5.1.8 Off-Street Parking Requirements and 8.1.9 Special Permit Flood Plane Overlay District on the premises numbered 46 DIVISION STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/109230>.

Martin Aikens, Chairman

11/22/23, 11/30/23

NOTICE OF PUBLIC HEARING

City of Quincy Inspectional Services
ZONING BOARD OF APPEALS

CASE NO. ZBA-23-83

Pursuant to the provisions of the Quincy Zoning Ordinance of the **Quincy Zoning Board of Appeals** as amended, an Open Public Hearing will be held on **Tuesday, December 12, 2023 at 6:00 p.m.** in the First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169, on the application of Patrick Foley, Esq. for a Variance and Finding to change the use of the existing commercial space by adding six (6) 400 SF units on the first floor and two units in the basement for a total of thirty (30) units in violation of the Quincy Zoning Ordinance Sections 3.4.2 Nonconforming Uses, 4.1.1 Conformance (Lot Area per Dwelling Unit) on the premises numbered 1050 HANCOCK STREET, QUINCY.

Plans and specifications may be viewed online at <https://quincyma.viewpointcloud.com/records/110419>.

Martin Aikens, Chairman

11/22/23, 11/30/23

But does that mean the words "out of stock" are the end of the line? Not at all. With a little determination and some creative thinking, the item might be found and purchased. Here are BBB's tips for finding items that are sold out in stores.

How to buy out-of-stock items

• **Try a different store.** Avoid limiting the search to the most popular brick-and-mortar stores. Consider researching multiple vendors' websites to see who is carrying stock. If the large chain stores are out of what you need, try a reputable independent shop or a different type of store entirely. For example, when toilet paper was in short supply at grocery stores, some consumers found stock in unlikely places, such as hardware stores, restaurant suppliers, or office supply stores.

• **Check websites frequently.** If there is an item out of stock when shopping online, don't give up hope right away. Bookmark the product page and check back daily. Many vendors restock high-demand products on a regular basis.

• **Sign up for restock alerts.** Many companies offer restock alerts, which are usually sent by email. For example, on Amazon, look for an availability alert on a product's information page. Amazon will send an e-mail when the item becomes available. Keep in mind, you still have to go to the website or store to make the purchase once the alert arrives.

• **Go straight to the product's source.** If a brand name item isn't available from a favorite retailer, check the brand's official website to see if it's in stock there. If not, consider getting in touch by emailing customer service or reaching

out through social media.

• **Take advantage of return policies.** If you suspect that an item will sell out quickly but you aren't sure if you really need or want it, review the store's return policy. If a store gives you the option to return an item and offer a refund, you may want to purchase the item as soon as it's available. You can always send it back if it doesn't fit your needs, but you may regret not purchasing if the stock runs out for good.

• **Search for products on resale sites.** If a product appears to be gone for good, don't lose hope just yet. Some resale sites may offer hard-to-find products. That said, watch out for scammers when looking for this year's hottest toy or a product that is very popular. Con artists prey on desperate shoppers by pretending to have an item that is impossible to find, accepting payments, and then never delivering the product.

• **Consider a personal shopping service.** Personal shoppers can do the heavy lifting if there is a very specific product you are hunting for. Be sure to read reviews and ask for recommendations from friends and family members before deciding to hire.

• **Try out a subscription service.** Subscription services offer regular deliveries of cleaning products, clothing and more. If the local stores are running out of fresh produce, for example, consider a meal delivery service.

• **Be patient.** Sometimes, despite the best efforts, it just may not be possible to find most popular items. If this happens to you, be patient. You may have to wait a few months until suppliers can meet consumers' demands.

REQUEST FOR PROPOSALS

Request for Proposals (RFP)
"On Call Real Estate Consultant Services"

City of Quincy
Quincy, Massachusetts

Notice

DUE: December 7, 2023, at 11:00 a.m.

The City of Quincy, acting through the Department of Public Buildings, is soliciting proposals for a list of non-exclusive on-call real estate consultant services to assist the City with the following professional services, but not limited to, Strategic Planning, Program Management, Property Appraisal Services, Municipal Property Management services, and Tenant Relocation Assistance. On Call work is expected to include the services further detailed in the RFP. The Department of Public Buildings shall be the lead agency; however, other City Departments may utilize these services.

Proposals will be received at the Office of the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169, until **Thursday, December 7, 2023, at 11:00 a.m.**

Proposals may be submitted for one or more disciplines identified in this proposal. More than one contract may be awarded if it is deemed to be in the best interest of the City of Quincy. Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m.

All inquiries regarding this bid should be directed to Kathryn R. Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Inquiries will be accepted until December 1, 2023, at 12:00 p.m.

The City of Quincy Department of Public Buildings shall determine the selected proposer(s). The City of Quincy reserves the right to withdraw the RFP; to reject any and all proposals; and to accept any proposals deemed to be in the best interest of the City of Quincy.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Kathryn R. Logan, JD
Chief Procurement Officer

Paul J. Hines, JD
Commissioner of Public Buildings

11/22/23

INVITATION TO BID

City of Quincy, Massachusetts
City Hall Annex Glass Repair Project

Notice

The **City of Quincy** invites sealed bids for the "CITY HALL ANNEX GLASS REPAIR PROJECT" located at 1305 Hancock Street, Quincy, Massachusetts 02169.

The Project consists of: Bidders to furnish all labor, materials, and equipment for the removal and replacement of fire damaged insulated glass panels in an existing, metal-framed curtain wall system. The work is estimated to cost \$200,000.00.

General bidders must be certified by the Division of Capital Asset Management and Maintenance (DCAMM) in WINDOWS AND DOORS and must submit a current DCAMM Certificate of Eligibility and a signed Update Statement.

General Bids will be received until **11:30 a.m. on Thursday, December 7, 2023**, and publicly opened, forthwith.

All Bids should be sent to the: **Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts 02169**, and received no later than the date and time specified above.

General bids shall be accompanied by a bid deposit that is not less than five (5%) of the greatest possible bid amount and made payable to The City of Quincy.

All inquiries regarding this bid should be directed to Kathryn R. Logan, Chief Procurement Officer by email: klogan@quincyma.gov and cc: mmarini@quincyma.gov. Inquiries will be accepted until December 1, 2023, at 12:00 p.m.

Detailed specifications are available online at the City of Quincy's website, www.quincyma.gov and available at the Office of the Purchasing Department, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 a.m. and 4:30 p.m. on November 15, 2023.

Bids are subject to M.G.L. c.149 §44A-J and to minimum wage rates as required by M.G.L. c.149 §§26 to 27H inclusive. The right is reserved to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informality in the bidding if it is in the best interest of the City to do so.

Non-responsive and/or unbalanced bids may be rejected.

11/22/23

Thomas P. Koch, Mayor
Paul J. Hines, Commissioner of Public Buildings
Kathryn R. Logan, Chief Procurement Officer

Pigskin Gala To Honor Chris Noble As Football Man Of The Year

By KERRY J. BYRNE

The Pigskin Gala returns to Pageant Field in glorious red, white and blue, bacon-flavored all-American fashion on Thanksgiving Day.

Former Quincy High School football star Chris Noble (Class of '89) will be honored posthumously as the Joe Brill Memorial City of Presidents Football Man of the Year.

All football fans are welcome to the free public tailgate party before the traditional Quincy-North Quincy Thanksgiving Day football game.

The Pigskin Gala raised \$6,000 last year for Quincy Youth Football and Cheerleading, and has donated more than \$26,000 to youth sports and activities in Quincy over the past six years thanks to the generosity of local businesses and community supporters.

The 2023 Pigskin Gala will honor Noble for a life spent playing, coaching and sharing his love for the game of football. He passed away sadly in June.

"Chris Noble was not only one of the great quar-

terbacks in Massachusetts schoolboy history, he spent decades afterward teaching the game we love to players around the country," said Pigskin Gala Host Committee spokesman Mark Lin-nane.

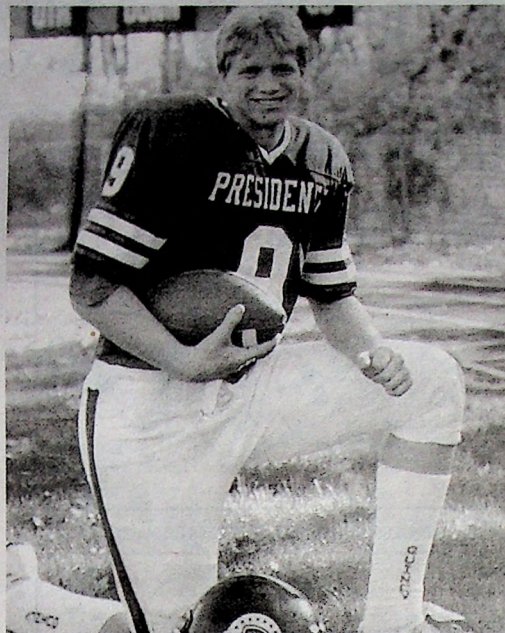
"We are delighted to honor his family and his memory with this award."

The Pigskin Gala Host Committee this year also honors the memory of our cherished brothers, Jamie Buttomer and Raymond J. Byrne.

Both Quincy High School alumni were essential figures to the success of the Pigskin Gala and both sadly left us this year for a greater celebration of love and life

Football Man of the Year honoree Noble was the star quarterback for the Presidents in 1987 and 1988, pairing a powerful arm with leadership and legendary toughness.

He led the underdog Presidents on a dramatic last-minute 80-yard drive on Thanksgiving Day in 1987, throwing a touchdown pass to Sean Munroe on the last



CHRIS NOBLE, former Quincy High School star quarterback (Class of '89) will be honored posthumously by the Pigskin Gala as the recipient of the Joe Brill Memorial Football Man of Year Award.

Courtesy Photo

play of the game to forge a 14-14 tie against the heavily favored Red Raiders.

Noble launched an aerial assault for Quincy in 1988, connecting most notably with fleet-footed receiver

his alma mater and at high schools and colleges around the nation.

Past City of Presidents Football Man of the Year Awards have gone to long-time Quincy Point Panthers coaches Tom Ford and John Ford; prominent high-school sports advocates and fundraisers Scott Campbell and Sean Glennon; and Quincy Youth Football and Cheerleading coach and organizer Sean "Chooch" Halpin.

The award was re-named in honor of beloved late Quincy resident Joe Brill, who passed away on Thanksgiving Day 2021 soon after attending the Pigskin Gala.

Brill, a U.S. Navy veteran, was a highly visible supporter of youth sports and veterans organizations across the city. He was a longtime officer at Morrisette Post of the American Legion.

The Pigskin Gala has been dubbed "America's Greatest High School Football Tailgate Party." It attracts hundreds of guests from both sides of the city

and celebrates its 36th year here in 2023.

Money raised at this year's event will be donated again to Quincy Youth Football and Cheerleading.

The celebration includes tailgate breakfast; flag football jamboree with scores of youngsters from Quincy Youth Football and Cheerleading; entertainment by Patrick M. Sullivan, the Official Bagpiper of the Pigskin Gala, and son of Quincy High School Class of 1988 graduates Dan and Keri (Mortimer) Sullivan; and an awards ceremony.

"The Pigskin Gala is a great celebration and food, friends, family, football and everything that makes America the greatest country on Earth," said Pigskin Gala Host Committee bon vivant Frank "Frankie C." Capobianco.

Breakfast this year is generously donated by the Frattaroli family, owners of Victory Point in Marina Bay.

Pigskin Gala XXXVI kicks off at 6 a.m. Thanksgiving morning and ends at 10 a.m. so that guests may attend the start of the 91st annual Quincy-North Quincy football game.

MA House Passes Legislation To Improve Quality, Oversight Of Long-Term Care Sector

Cont'd From Page 17

of care and access for all individuals in need of long-term care services."

Major provisions of the bill include:

Long-Term Care Workforce and Capital Fund

- Establishes the Long-Term Care Workforce and Capital Fund to be administered by the Secretary of the Health and Human Services (HHS), in consultation with an advisory committee consisting of various members of the administration along with representatives from Mass Senior Care and SEIU 1199

- Directs the HHS Secretary to establish workforce training programs including: new CNA training; career ladder training for CNAs, home health aides, homemakers to become LPNs; and supervisory and leadership training
- Directs the HHS Secretary to establish a no interest or forgivable capital loan program to off-set certain capital costs and to fund other capital improvements
- Requires that half of the civil penalties secured by the Attorney General against nursing home facilities for abuse or neglect to be deposited into the fund

Licensure and Suitability

- Updates definition of "owner" and expands scope of oversight into management functions by including management companies
- Sets a two-year term for licenses and requires an-

nual inspections and allows for one-year provisional licenses when public necessity requires

- Requires a 90-day "notice of intent to acquire" to be processed in the event of a transfer

- Determinations of responsibility and suitability for applicants, potential transferees, or management companies shall include their criminal and civil litigation history, financial capacity, and history providing quality long-term care both in and outside the Commonwealth

- Grants DPH the authority to pursue alternative administrative actions besides license termination

Small House Nursing Homes

- Requires DPH to promulgate regulations for the development of small house nursing homes, which are facilities designed as a residential home that includes a central living space with a kitchen, dining and living area and outdoor space

- Newly constructed small homes will be limited to no more than 14 individuals per unit with resident rooms accommodating only one person, with exceptions to accommodate a spouse, partner, family member, or friend

Violations and Remedies

- Sets out rules for notice of violations of regulations and requires correction by no more than 60 days. If an issue is not rectifiable within 60 days, a written plan for

correction is required

- Absent corrective action, the department may seek remedies and/or sanctions, including the appointment of a temporary manager approved by the state, allowing a third party to properly address chronic issues and improve the overall conditions in facilities and the quality-of-care residents receive

Penalties

- Increases penalties for abuse and neglect which can be sought by the Attorney General by 400 percent to \$25,000 if no bodily injury results; \$50,000 if bodily injury results; \$100,000 if sexual assault or serious bodily injury results; and \$250,000 if death results

- Extends the statute of limitations to four years

- Doubles the current fines for operating a long-term facility without a license to \$1,000 for a first offense and \$2,000 for a second offense or two years imprisonment

- Increases the penalty for violating various rules and regulations from \$50 to \$500

Outbreak Response Planning, Enhanced Training, and Financial Performance

- Requires long-term care facilities to develop individualized outbreak response plans to contain the spread of disease and ensure consistent communication with DPH, residents, families and staff

- These plans must include written policies to meet staffing, training, and facility demands during an infectious disease outbreak and requires plans to be reviewed and resubmitted to DPH annually

- Directs DPH to establish and implement training and education programs on topics such as infection prevention and control, resident care plans, and staff safety programs

- Directs DPH to promulgate regulations necessary to enable residents of a facility to engage in in-person, face-to-face, or verbal/auditory-based contact, communications, and religious and recreational activities

- Directs the DPH in coordination with other agencies and departments, to examine cost trends and financial performance across the nursing industry that will help regulators and policymakers untangle the complicated ownership structure of nursing homes

Guardianship Fees

- Authorizes MassHealth applicants or members who cannot make medical decisions for themselves and

have no health care agent to retain more of their own income, a maximum of \$1,500, in order to pay for the necessary fees associated with appointing a guardian

Rate Setting

- Requires MassHealth to set the base year to no more than two years prior to the current rate year for the Medicaid rate determination purposes. The first year this will be effective will be 2025, which will be based on 2023 data

- Directs MassHealth to establish skilled nursing facility rate add-on programs for bariatric patient care and one-on-one staffing of at-risk residents particularly those with suicidal ideation or aggressive behavior toward other residents or staff
- Grants MassHealth the authority to establish a rate add-on program to encourage the development of the small house nursing home model

Having passed the House of Representatives 158-0, "An Act to improve quality and oversight of long-term care" goes to the Senate for their consideration.

Legal Notices for Publication

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Call 617-471-3100

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE

Docket No. NO23P3144EA

Commonwealth of Massachusetts
The Trial Court

Probate and Family Court

Norfolk Division

35 Shawmut Road

Canton, MA 02021

(781) 830-1200

Estate of:

Jose Valentin

Also Known As:

Jose Manuel Valentin

Date of Death:

06/01/2023

To all persons interested in the above captioned estate, by Petition of:

Petitioner Vilma Valentin of Jamaica Plain, MA.

Vilma Valentin of Jamaica Plain, MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

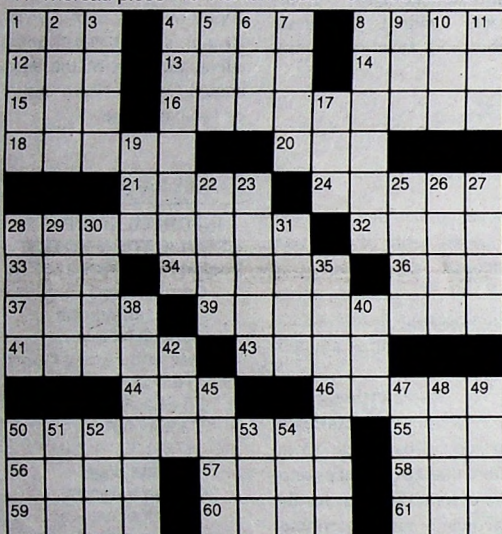
The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

11/22/23

SUN FUN PAGES

King Crossword

- ACROSS**
- 1 Squid squirt
 - 4 Beloved
 - 8 "Ditto"
 - 12 "The Simpsons" barkeep
 - 13 Killer whale
 - 14 Director Kazan
 - 15 Get older
 - 16 Feel elated
 - 18 Two-dot punctuation mark
 - 20 Triage ctrs.
 - 21 Calendar entry (Abbr.)
 - 24 Smiles broadly
 - 28 Flight costs
 - 32 "Phooey!"
 - 33 Hosp. area
 - 34 Rich cake
 - 36 Quarterback Manning
 - 37 Arrears
 - 39 NPR show hosted by Terry Gross
 - 41 Thoreau piece
 - 43 Gym site, for short
 - 44 Promptly
 - 46 Film trophy
 - 50 Rock fan's imaginary instrument
 - 55 Employ
 - 56 Satan's purchase
 - 57 Separate
 - 58 Crib
 - 59 Ginormous
 - 60 Cookware
 - 61 Newt
- DOWN**
- 1 Apple computer
 - 2 NASA scrub
 - 3 Fall (over)
 - 4 Memorized
 - 5 Historic period
 - 6 Off-torn knee
 - 7 Yard tool
 - 8 Had a hunch
 - 9 Carte lead-in
 - 10 Roman 1002
 - 11 Corn spike
 - 17 Sphere
 - 19 Klutz
 - 22 Campus VIP
 - 23 Towel material
 - 25 Vicinity
 - 26 Niger's neighbor
 - 27 Swizzle
 - 28 Staffer
 - 29 Frozen deserts
 - 30 Abrades
 - 31 Goblet feature
 - 35 Prom dates
 - 38 Snarl
 - 40 Owns
 - 42 One of us
 - 45 Trace
 - 47 Rubik's baffler
 - 48 "Dream on!"
 - 49 Monopoly payment
 - 50 Bonfire residue
 - 51 Debtor's note
 - 52 Bad hairpiece
 - 53 Overly
 - 54 Illustrations



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MAGIC MAZE • WORDS WITH THREE D'S

E J H E B Y V D T Q O L I G D
B P (A D D E N D U M) Y W D T R
P M A K E E E I F D B E Y W U
S Q O D D D T M K I D F D B Z
X W U I D S D A Q O A O N L J
H F V E D E E O C D E C Y A D
Y I W W G A D E N I H V D E T
D S Q D D E D I C E D P D N L
K I O H F E I O V C A E A B Z
Y D W V U S K R O I E Q D P N
M L J I H F S D A D D N A R G

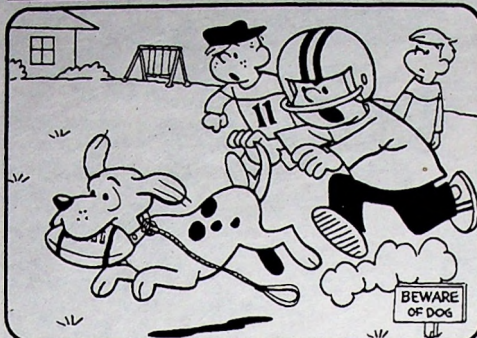
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
Unlisted clue hint: MOMMY'S HUSBAND

Addendum	Dedicated	Dodged	Padded
Deadhead	Deeded	Doodad	Skidded
Decided	Divided	Granddad	Wedded
Decoded	Dividend	Nodded	

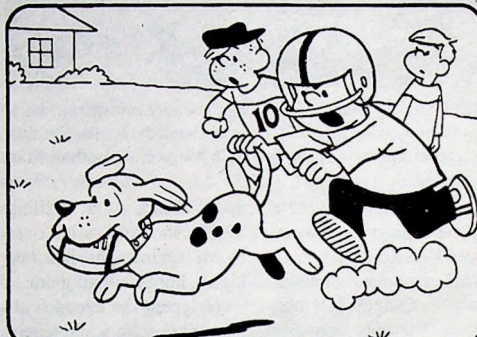
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Swing set is missing. 2. Dog's ear is different. 3. Number is different. 4. Leash is missing. 5. Helmet stripe is missing. 6. Sign is missing.

Trivia test

by Fifi Rodriguez

- TELEVISION: Who starred in the drama "Knight Rider"?
- U.S. STATES: What is the capital of Washington state?
- ANIMAL KINGDOM: How long does the average housefly live?
- LITERATURE: Which mid-20th century novel about animals has the subtitle, "A Fairy Story"?
- SCIENCE: What is the softest mineral in the world?
- GEOGRAPHY: Which major river flows through London, England?

- MEDICAL: What is a common name for the condition veisalgia?
 - MOVIES: In which movie did the actress Gal Gadot make her debut?
 - HISTORY: Where was the first Disney park built?
 - LANGUAGE: What is the British term for a flashlight?
- Answers**
- David Hasselhoff.
 - Olympia.
 - 15-30 days.
 - "Animal Farm."
 - Talc.
 - The River Thames.
 - Hangover.
 - "Fast & Furious" (2009).
 - Anaheim, California (1955).
 - Torch.

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Wishing Well®

3	8	3	4	7	8	5	4	7	2	4	5	7
O	S	F	L	W	T	E	O	R	S	V	V	A
3	8	2	5	6	5	3	2	7	6	4	6	4
F	A	E	E	G	N	E	C	P	I	E	V	I
6	7	4	8	5	3	6	3	4	2	4	6	7
E	U	S	Y	T	R	I	C	F	U	O	T	P
6	4	3	7	3	5	4	7	5	2	7	3	6
Y	R	O	L	M	F	E	O	U	R	O	F	O
8	4	5	4	5	3	2	7	4	2	5	6	3
T	V	L	E	D	O	E	S	R	I	A	U	R
2	3	5	7	6	5	8	5	7	5	8	7	6
N	T	Y	E	R	S	R	A	E	H	U	N	B
8	2	5	2	6	5	6	7	6	5	2	7	2
E	L	E	I	E	A	S	D	T	D	F	S	E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) Restless Rams and Ewes might want to let others finish a current project so they can start something new. But if you do, you could risk losing out on a future opportunity.

TAURUS (April 20 to May 20) The Bovine's creative forces start revving up as you plan for the upcoming holidays. Some practical aspects also emerge, especially where money is involved.

GEMINI (May 21 to June 20) Moments of doubt disrupt your otherwise clear sense of purpose, but don't ignore them. They could be telling you not to rush into anything until you know more about it.

CANCER (June 21 to July 22) A planned trip might have to be delayed. Plan to use this new free time to update your skills and resume so that you'll be ready when a new job opportunity opens.

LEO (July 23 to August 22) A flood of holiday party bids from business contacts allows you to mix work and pleasure. Your knowledge plus your Leonine charm win you a new slew of admirers.

VIRGO (August 23 to September 22) An unexpected act by a colleague complicates an agreement, causing delays in implementing it. Check out the motive for this move -- it might not be what you suspect.

LIBRA (September 23 to October 22) You might want to cut ties with an ingrate who seems to have forgotten your past generosity. But there

might be a reason for this behavior that you should know about. Ask.

SCORPIO (October 23 to November 21) Be careful not to set things in stone. Much could happen during the next several days that will make you rethink some decisions and maybe change them.

SAGITTARIUS (November 22 to December 21) Your plans to help provide holiday cheer for the less fortunate inspire others to follow your generous example. Expect welcome news by week's end.

CAPRICORN (December 22 to January 19) You're in your glory as you start planning for the holiday season ahead. But leave some time open to deal with a problem that needs a quick and fair resolution.

AQUARIUS (January 20 to February 18) The upcoming holiday season provides a perfect setting for strengthening relationships with kin and others. Meanwhile, a new contact has important information.

PISCES (February 19 to March 20) Instead of fretting over a cutting remark by a co-worker, chalk it up to an outburst of envy of your well-respected status, among both your colleagues and superiors.

BORN THIS WEEK: You instinctively know when to be serious and when to be humorous, which are attributes that everyone finds endearing.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals S

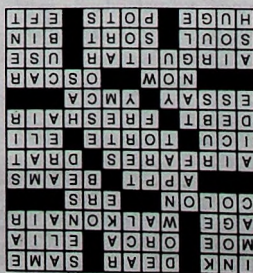
TE OKI DILLXNHTHTKIDGO
NKYQXH W NIDJNTU KIH KE W
JWLRSWLX DHKLX, SJWH RK OKI
RK? DUXWQ W HWYQ.

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King Crossword

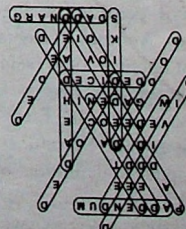
Answers

Solution time: 24 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer

do? Sneak a peek at the hardware store, what do you find? A pushpin out of a pocket is surprisingly handy.

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD—In his book "Being Henry: The Fonz... and Beyond," Henry Winkler revealed, "Even in the midst of 'Happy Days,' at the height of my fame and success, I felt embarrassed, inadequate. ...At every reading, I would lose my place, or stumble. I would leave a word out, a line out. I was constantly failing to give the right cue line, which would then screw up the joke for the person doing the scene with me. Or I would be staring at a word, like 'invincible' and have no idea on earth how to pronounce it or even sound it out."

He continued, "Everybody in the cast was warm and supportive, but I constantly felt I was letting them down." It wasn't until Winkler was 31, years into his role in "Happy Days," that he was diagnosed with dyslexia. "All the misery I'd gone through had been for nothing," he explained. "All the yelling, all the humiliation, all the screaming arguments in my house as I was growing up — for nothing. ...It was genetic!...and then I went from feeling this massive anger to fighting through it."

Winkler is not alone. Many well-known people like Steven Spielberg, Whoopi Goldberg, Jennifer Aniston, Richard Branson, Jay Leno, Danny Glover and Keira Knightley have dealt with dyslexia.

father of two children, admitted, "I am excited for the opportunities coming in the next chapter of my career."

It's time to say goodbye to some longtime favorite shows: "The People's Court" (26 seasons); "Judge Mathis" (24 seasons); "Jay Leno's Garage" (seven seasons); "Yellowstone" (five seasons); "Barry" (four seasons); and "Magnum P.I." (four seasons on CBS and one on NBC).

The upcoming reboot of "Highlander" has been confirmed by Lionsgate. While "Highlander" has a huge fan base, it's a wonder that a reboot is happening. The 1986 film starred 28-year-old Christopher Lambert and Sean Connery, and it only grossed \$12.8 million with a \$19 million cost. "Highlander II: The Quickening" (1991) cost \$34 million and grossed \$15.6 million.

Adrian Paul also starred as Duncan MacLeod in a "Highlander" TV series from 1992-1998 and co-starred with Lambert in "Highlander: Endgame" (2000), which cost \$25 million and grossed \$15.8 million. In addition, Paul was in "Highlander: The Source" (2007), which cost \$13 million and only grossed \$213,205 worldwide.

Obviously, they made money from TV showings, but never as a big-screen attraction. Now the reboot with Henry Cavill is confirmed for next year. Cavill admitted that he wanted to make "Highlander" because he's been a fan since he was a "lad." Even though he's 38 (10 years older than Lambert was), he is Superman after all!

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: *

* Moderate ** Difficult *** GO FIGURE!

	÷		+		16
-		+		-	
	-		x		15
x		x		x	
	-		x		20
16	9		16		

1 2 3 4 5 5 7 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Advertising Icons — Some advertising icons have obvious connections to their brands, like Planters' Mr. Peanut or the RCA Victor dog with his head tilted as he listens to a phonograph. Others, less so, like the Clydesdale horses and Dalmatian dogs featured in Budweiser advertising items such as this hanging lamp with "The World Champion Clydesdale Team." The lamp sold for \$625 at a Potter & Potter auction.

What do horses and dogs have to do with beer? The Anheuser-Busch brewing company, owner of the Budweiser brand, turned to making non-alcoholic products during Prohibition. Its repeal in 1933 was still a cause for celebration. August A. Busch, Jr., gave his father, the CEO of Anheuser-Busch, a gift of a hitch of Clydesdale horses pulling a beer cart. The hitch delivered the first post-Prohibition Budweiser beer.

A horse-drawn beer wagon proved to be an effective marketing tool, and the company got another hitch to make promotional tours. Dalmatians joined the tours in the 1950s, referencing the old practice of breweries having dogs to protect their horses and wagons during deliveries. In 1986, the Budweiser Clydesdales made their first appearance in a Super Bowl commercial. The company still has Clydesdale teams going on tours to this day.

Q: During a recent thrifting excursion, I saw something I'd never seen before: A Blue Willow CorningWare warming tray with cord. The tray, working and with its cord, was only \$5.99. I passed it up and I've been kicking myself about it. What do you think?

A: I think you should have bought it. That CorningWare tray is worth at least \$25 elsewhere. It isn't rare, but CorningWare is undergoing a resurgence of popularity. Prices for vintage pieces are going up. Blue Willow is one of the most recognizable patterns. Corning Glass Works developed the glass for Thomas Edison's light bulb. In July of 1913, at the encouragement of a scientist's wife, Bessie Littleton, Pyrex was born. More than 750 million pieces of CorningWare have been made. In 1998, due to slumping sales and retooling of manufacturing plants, Corning sold CorningWare and Pyrex lines to World Kitchen, LLC.

TIP: If you have valuable old glass, keep it in a safe environment. It should be stored or displayed where there is some air movement to dry off the surface. Glass bottles and containers should be stored with the lids and stoppers open.

CURRENT PRICES

- Marble, ribbon swirl, Christmas Tree, six-ribbon, three colors, white with green and red ribbons, National Line Rainbow, Peltier Glass Co., Ottawa, Ill., c. 1930, 3/4 inches, \$285.
- Bank, Santa Claus, standing, cast iron, painted, red suit, black boots, coin slot in green toy sack on back, round black base, 11 x 4 inches, \$360.
- Christmas tree stand, metal frame, inset curved white panel, painted Santa, sleigh and reindeer, lights up, revolves, electric, Bakelite switch, needs rewiring, 1930s, 7 x 17 inches, \$435.

For more collecting news, tips and resources, visit www.Kovels.com.

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STICKELERS

by Terry Stickels

The relationship of the two numbers in each block is the same for each block. Based on that knowledge, can you determine the missing number in the last block?

1	5	2	8
		3	13
4	20	5	?

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Strange BUT TRUE

• To visit every child in the world, Santa Claus would need to travel at 3,000 times the speed of sound. But who says he couldn't? Not us! He's Santa!

• If you were drafted during the American Civil War, you could legally pay someone \$300 (roughly equivalent to \$5,000 earned by an unskilled worker in 2018) to go in your place. The practice, known as commutation, was actually intended to raise money for the war effort.

• Need a morning pick-me-up? A cup of java is most effective if consumed between 9:30 and 11:30 a.m.

• Six hundred Americans die each year from falling out of bed.

• A 99-year-old man divorced his 96-year-old wife after 77 years of wedlock when he discovered she'd had an affair in the 1940s.

• Elvis Presley failed a music class in high school.

• On average, people who complain live longer! Verbally releasing their griev-

ances boosts their health by increasing their immunity. Of course, some of us may wish to keep that nugget of information to ourselves.

• Oxford University researchers discovered that people who opt for genetic research have a genetic predisposition to do so.

• George Washington stopped the Revolutionary War by ordering a ceasefire in order to return a lost terrier that belonged to British Gen. William Howe, via one of Washington's aides under a flag of truce, after having the dog fed, cleaned and brushed in Washington's own tent.

• Leo Fender, inventor of the Telecaster and Stratocaster guitars, could not actually play the instrument himself.

• Despite its nickname, Florida isn't the sunniest state. Arizona is.

Thought for the Day: "Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable." — John Wooden

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Now here's a tip!

by Jo Ann Derson

• Don't throw away that damaged garden hose. Here are three great uses: 1. Use as a weather strip along the bottom of your garage door. 2. Use sections to protect the blades on your ice skates. 3. Use as a safety edge on your saws in the shop. Cut to fit and slip it over the blade.

• "If a small screw keeps coming loose on something, remove it, paint it with clear nail polish and rescrew quickly. This often does the trick. Makes it more grippy." — I.W. in Minnesota

• Doggie got a greasy coat, but it's too cold for a bath? Liberally sprinkle your pup with baking soda or cornstarch. Rub into coat and brush out.

• "Those little soft cardboard sleeves that light bulbs come

in are really great for mailing photos. If you fold them flat, you can slip your pics inside, and it goes right in the envelope. They'll be nice and protected." — D.L. in Georgia

• "If your curling broom is losing its spring, try trimming the bristles a little bit. This worked for me." — R.D. in Canada (Tipsters: Curling is an ice sport.)

• Defog your mirror with shaving cream. Smear it over the entire surface and then wipe away with a clean towel. Keep cleaning until clear. It works for at least two weeks — NO FOG!

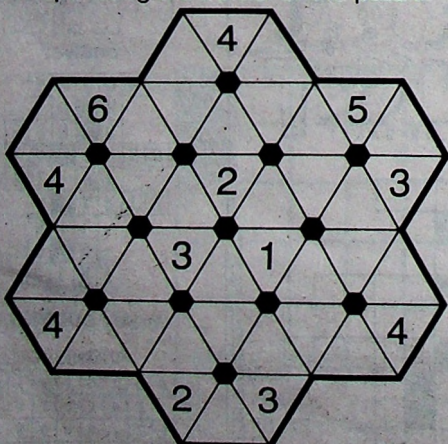
Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



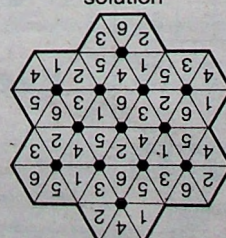
DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES

solution



Sticklers Answer

Go Figure!

answers

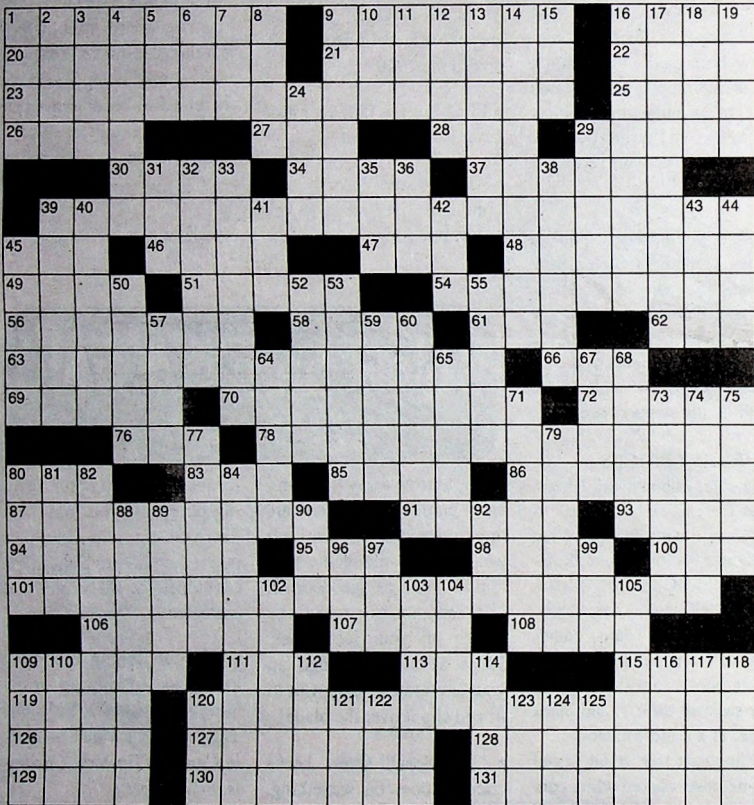
16		6		16
8	x	3	-	8
20	x	4	x	20
	x		x	
15	x	2	-	15
	x	5	x	
	-		+	
16	6	+	1	7

The missing number is 29. The first number in each block is squared, then 4 is added to arrive at the second number.

Super Crossword

SHADES OF HISTORY

- ACROSS**
- 1 Holds inside
9 Scrams
16 Many millennia
20 Chart of the Pacific, e.g.
21 Eeyore's creator
22 "Blue Jasmine"
Oscar winner
23 Start of a riddle
25 Cawing bird
26 Collate, e.g.
27 Couch potatoes stare at them
28 Maple stuff
29 Thin coins
30 Prayerful plea starter
34 Designer Saarinen
37 Sparks' state
39 Riddle, part 2
45 Subject for Dr. Ruth
46 "Zip — Doo-Dah"
47 "... Mac — PC?"
48 Hostess snack cake
49 Onetime senator Trent
51 Hiccup or charley horse
- 54 Convents and abbeys
56 Colored rings of irises
58 About 4.2 millimeters, in typography
61 Footed vase
62 Agnus — (Mass prayer)
63 Riddle, part 3
66 "This is SO frustrating!"
69 Beelzebub
70 Tools used in fixing flats
72 Huge fad
76 To date
78 Riddle, part 4
80 Ship's swerve
83 Brow's curve
85 Bygone
86 Most speedy
87 She won eight Oscars for Best Costume Design
91 "Oops, I messed up!"
93 Comic-strip light bulb
94 Sliding-open car option
95 Like below-zero nos.
98 "... it just me?"
- 100 Highway goo
101 End of the riddle
106 "Perhaps ... ask me about it later!"
107 Band with the hit "Whip It!"
108 — date (plan for marriage)
109 Exuding testosterone
111 Catch sight of
113 Hobbit hunter
115 Tide type
119 Exhort
120 Riddle's answer
126 Aspersions
127 Carry in the uterus
128 They could use a welcome sight
129 Quick flights
130 Most bohemian
131 Tilting
- DOWN**
- 1 Milked beasts
2 Dos cubed
3 Close by
4 Body image?
5 Moreover
6 Texting shorthand for "I think"
- 7 Anti's call
8 Catch sight of
9 "Goldfinger" singer Shirley
10 French thirst quencher
11 Electric guitar connection
12 Pointers
13 Actor Everett
14 Customs worker
15 Golf bag item
16 Fender bender, e.g.
17 Tagged for a particular use
18 Plains tribe
19 Bulletin fodder
24 Iris' layer
29 Miles of jazz
31 Student transcript no.
32 Long-used adage
33 Least shallow
35 P-shaped Greek letter
36 Sculler's tool
38 Promising solemnly
39 Illinois city
40 Size
41 "— culpa"
42 Oreck product, for short
43 St. Pat's land
44 Lucy's Amaz
45 BBQ sides
50 In present times
52 Church topper
53 Bishops' toppers
55 Greg Evans' long-running comic strip
57 Isolated
59 Poker IOUs
60 Fliers' military branch
64 Neopagan practice
65 Full of racket
67 Autos such as Ramblers and Pacers
68 Half of Hispaniola
71 Tanzanian tourist treks
73 Must
74 Pant-length measure
75 Perfume from petals
77 Chevy SUVs
79 Chuck Berry title woman
80 Rural assent to a woman
81 Together, in music scores
82 Bringing to a conclusion
84 Bracing drink
88 Singers executing quavers
89 With vehemence
90 Genetic ID
92 — choy
96 Conclusion
97 "Goodness!"
99 Mil. officer
102 Share, as a blog entry
103 Web-footed wading bird
104 "Me neither!"
105 Pioneer Boone
109 Maudlin sentimentality
110 Guthrie of folk singing
112 Legendary snow beast
114 Hacienda house
116 "Orinoco Flow" singer
117 Yemeni port
118 "Hey, over here ..."
120 Org. for club swingers
121 No. in Paisley
122 Part of TGIF
123 "Just joking!"
124 Linerie item
125 The, in Arles



celebrity extra

by Dana Jackson

Q: Someone told me that Brie Larson used to be a child actress. What was she in? — L.J.

A: Before she joined the Marvel Cinematic Universe, Brie Larson, at the age of 6, was the youngest student to ever attend the American Conservatory Theater in San Francisco. She went on to guest star on series like "Touched by an Angel" and "Popular" as well as movies like "13 Going on 30." Her longest-running role as a child actress was as one of Bob Saget's kids in the 2001 sitcom "Raising Dad." Most notably, she won an Oscar for Best Actress for the 2015 film "Room."

You can currently see Larson in "The Marvels," out now in theaters, and also in the series "Lessons in Chemistry" on Apple TV+.

Q: What happened to Alex O'Loughlin? I loved him in "Hawaii Five-0," but that's been off the air for a couple of years now. I haven't seen him in anything since. — V.M.

A: Alex O'Loughlin hasn't acted in television since CBS's "Hawaii Five-0" ended after 10 seasons in 2020. That's quite a lengthy bout of continuous employment for an actor, so it's possible O'Loughlin just wanted a break.

There's also a chance that O'Loughlin, who is originally from Australia, could end up on the upcoming "NCIS: Sydney" series, which recently debuted on CBS. The cast for the first season has already been established, but in an interview with the new series' creator, Morgan O'Neill, TVLine.com asked why O'Neill didn't cast the seemingly available — and popular — O'Loughlin. "Look, we haven't written off the possibility of him popping up," replied O'Neill.

In "NCIS: Sydney," the U.S. Agents team up with the Australian Federal Police in a "multinational task force to keep naval crimes in check in the most contested patch of ocean on the planet." Despite being O'Loughlin-less, the cast looks stellar with Olivia Swann ("Legends of Tomorrow") and Todd Latham ("Spartacus: War of the Damned") leading the pack. "NCIS: Sydney" airs on Tuesdays at 8 p.m. ET on CBS.

Q: I didn't get a chance to see "Barbie" and "Oppenheimer" when those movies were out in theaters. When will they be released for streaming, and which services will stream them? — E.E.

A: While "Barbie" generated more money at the box office than "Oppenheimer," both were huge hits that gave a big boost to the suffering movie theater business after they lost so much money during the pandemic. For those who missed either



Actress Brie Larson ("Lessons in Chemistry")

Photo Credit: Depositphotos

or both films this past summer, you won't have to wait much longer before watching them at home. "Oppenheimer," directed by Christopher Nolan and starring Cillian Murphy, will be released on DVD as well as digitally through Amazon Prime Video on Nov. 21. "Barbie," directed by Greta Gerwig and starring Margot Robbie, is already available to purchase and rent digitally through Prime Video, but at a hefty price. If you can wait a little longer, the movie will be available to stream on Max sometime this fall. (An official date hasn't been announced yet.)

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange

by Donna Pettman

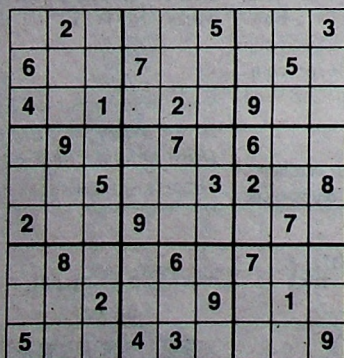
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-----------------------|---------------|--------------------|-------------|
| 1. Lower leg joint | ___ K ___ | Viewpoint | ___ G ___ |
| 2. Shindig instrument | F ___ _ _ _ | Equidistant | M ___ _ _ _ |
| 3. Humpback or nurse | ___ _ _ K | High-pitched | ___ _ _ P |
| 4. Coal worker | ___ N ___ | Penny pincher | ___ S ___ |
| 5. Beekeeper's farm | ___ P ___ _ _ | Bird farm | ___ V ___ _ |
| 6. Work of fiction | ___ V ___ | Peace prize giver | ___ B ___ |
| 7. Squabble | ___ I ___ _ _ | Financier | ___ A ___ _ |
| 8. Like the grass | ___ _ _ N | Welcome warmly | ___ _ _ T |
| 9. Governing body | ___ N ___ _ | Tranquilize | ___ D ___ _ |
| 10. Toffee or bonbon | ___ N ___ | Golfer's assistant | ___ D ___ |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

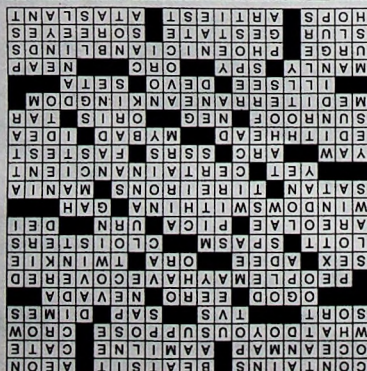
DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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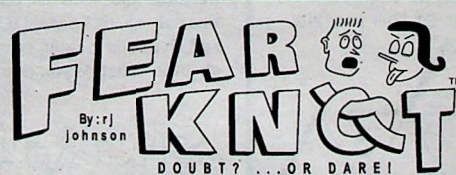
Super Crossword

Answers

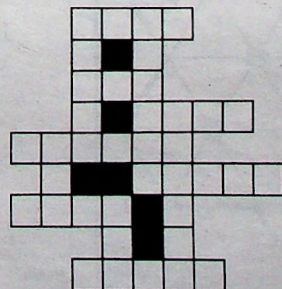


Even Exchange answers

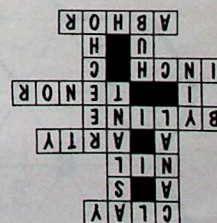
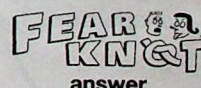
- | | |
|-------------------|---------------------|
| 1. Anklet, Anglet | 5. Aplyria, Aplyria |
| 2. Fiddle, Middle | 4. Miner, Miser |
| 3. Shark, Sharp | 3. Shark, Sharp |
| 4. Green, Greet | 2. Fiddle, Middle |
| 5. Bicker, Backer | 1. Anklet, Anglet |
| 6. Novel, Nobel | |
| 7. Bicker, Backer | |
| 8. Green, Greet | |
| 9. Senate, Sedate | |
| 10. Candy, Caddy | |



BHU
NALTAS
♥ NERTO
♥ ACYL
♥ HEROC
IYN
♥ RYTA
HOBRA
ILN
ELBINY
ANCLA
♥ HICN



Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHER becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer

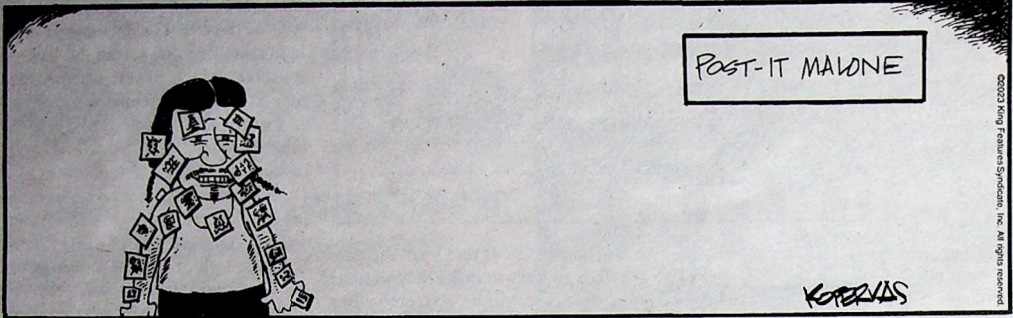


Amber Waves

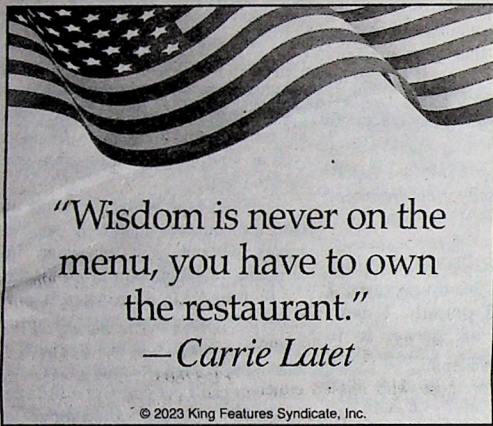


Out on a Limb

by Gary Kopervas



Americanisms



Just Like Cats & Dogs by Dave T. Phipps



"For a woman with _____ to wear, it certainly takes you long enough to put it on."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Senility	GOATED			
Wash	HABET			
Provoke	NICETI			
Multitude	GOLINE			

TODAY'S WORD

STREAMING SOURCE

Here's what to watch and where to watch it for the week of November 27, 2023

- | | |
|--|---|
| ON NOW: "Bye Bye Barry" (Documentary) - Prime Video | 30-Nov: "Paris in Love" (Season 2) - Peacock |
| ON NOW: "Elf Me" (Documentary) - Prime Video | 30-Nov: "How to Be a Bookie" (Season 1) - Max |
| 28-Nov: "The Secret: Dare to Dream" (PG) - Netflix | 30-Nov: "Obliterated" (Season 1) - Netflix |
| 29-Nov: "American Symphony" (Documentary) - Netflix | 30-Nov: "Wild Crime" (Season 3) - Hulu |
| 29-Nov: "Bad Surgeon: Love Under the Knife" (Docuseries) - Netflix | 1-Dec: "May December" (R) - Netflix |

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Hold That Turkey Leg: It's the Annual Thanksgiving Pet Safety Brief

DEAR PAW'S CORNER: Can you remind me what foods are unsafe to give to pets? I know onions are bad for dogs, but I'm not clear on other ingredients. My dog loves scraps from the table, and I want to make sure my Thanksgiving dinner guests don't feed him something dangerous. - Manuel C., San Antonio, Texas

DEAR MANUEL: It may be difficult to keep tabs on all of your dinner guests, so consider placing your dog in a room or in his kennel during the meal and then rewarding him after with some tasty leftovers. When he does get his treat, make sure that it doesn't include the following ingredients: onions, garlic, raisins or avocado. Turkey is fine; take

the skin off to remove extra salt and seasonings that might upset his stomach. Avoid feeding him stuffing. The mashed potatoes should be plain, and hold the gravy. A little apple or pumpkin pie should be fine, but keep him away from chocolate. And try to limit the amount of fat in the leftovers, because too much can cause some messy digestive problems.

The same rules apply to cats, by the way. Because they're small, they may have a more severe reaction to ingredients like grapes, avocados or onions.

It can be difficult to keep track of what your pet is eating during the busy holiday season, especially during big meals. That's why I recommend placing pets in a separate room until people are done eating and the food is put away out of reach. You still need to control their diet, and you can't always catch Aunt Gladys sneaking peanut butter cups to the dog. Enjoy your holiday, and thanks for keeping your pet safe!

Readers, have you dealt with a similar situation? Tell us about it at ask@pawscorner.com.

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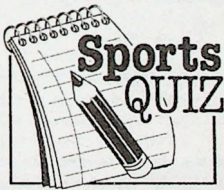
WORD LADDERS

Can you go from OWNED to ASHES in 6 words? Change one letter for each rung in the ladder.

OWNED

ASHES

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by Ryan A. Berenz

- What film and television producer was part of the ownership group that founded the NHL's Seattle Kraken?
- Name the Basketball Hall of Famer, known as "The Big O," who won the NBA MVP award as a member of the Cincinnati Royals in 1964.
- What Greek tennis player upset French Open champion Justine Henin in the first round at Wimbledon in 2005?
- Former Indianapolis Colts wide receiver Anthony Gonzalez served in the U.S. House of Representatives for

what state from 2019-23?

- What Brazilian footballer, nicknamed "O Fenomeno" (The Phenomenon), won the 1997 Ballon d'Or at age 21?
- American athlete Al Oerter won gold medals at four straight Olympics from 1956-68 competing in what track and field event?
- In 1988, what LPGA Tour golfer started a tradition at the Nabisco Dinah Shore tournament by taking a victory plunge into a pond surrounding the 18th green?

Answers

- Jerry Bruckheimer.
- Oscar Robertson.
- Eleni Daniilidou.
- Ohio.
- Ronaldo.
- Discus throw.
- Amy Alcott.

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WORD LADDER Answer

OWNED, ASHED, ASHES, ACHED, AWNED, ACNED

SCRAMBLERS

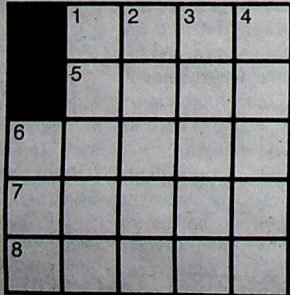
solution
NOINIH
Today's Word
3. Incline; 4. Legion
1. Dotage 2. Bathe

Micro Crossword

By Elizabeth C. Gorski

- Across
- Work on a manuscript
 - R&B singer Hendryx
 - Mary's sister on "Downton Abbey"
 - _____ diet
 - Fashion sense

- Down
- Conclude by
 - Lacy furniture mat



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- Brand of chips?
- Sierra Nevada lake
- Mini-albums, briefly

MORE FUN

COUCH THEATER

BY DEMI TAVERAS

"Oppenheimer" (R) — Christopher Nolan's three-hour film on J. Robert Oppenheimer, a key player of the Manhattan Project, is available on streaming Nov. 21! It reached almost \$1 billion in the box office since its side-by-side release with "Barbie" in July, making it the third highest-grossing film of the year. Starring a chilling Cillian Murphy ("Peaky Blinders") in the titular role, the film follows Oppenheimer from his time as a doctoral student in Cambridge all the way to his time leading the construction of an atomic bomb at the Manhattan Project in Los Alamos, New Mexico. The imagery in this film is hauntingly stunning, having been shot in 65-mm film, and there's no doubt that the cast and crew of "Oppenheimer" will be well-decorated after next year's award season. (Prime Video)

"No Hard Feelings" (R) — While there's a great draw in having such a talented actress like Jennifer Lawrence ("Don't Look Up") in the lead role, her efforts might have been better suited far away from this rom-com. Lawrence portrays 32-year-old Maddie, an Uber driver and bartender who barely makes ends meet enough to hold onto her mother's home. After her car is repossessed, Maddie takes up an opportunity offered by two parents who are giving away a car in exchange for their 19-year-old son getting taken out on a date without his knowledge. With a plot like that, there is plenty of space for comedic

potential, but if done clumsily — as this film does — it only creates cringe-worthy moments and an utter lack of believability that makes sitting through scenes difficult. Out now. (Netflix)

"Good Burger 2" (TV-PG) — The original "Good Burger" film, based on a comedy sketch in the Nickelodeon series "All That," was released back in 1997. Now 26 years later, in the age of reboots and remakes galore, its sequel has arrived. "Saturday Night Live" veteran Kenan Thompson and Kel Mitchell reprise their roles as burger slingers Dexter and Ed, as they reunite to work together once again after Dexter's inventions fall flat. But the corporation MegaCorp has plans to expand Good Burger into a massive worldwide chain and replace all the workers with robots. It's up to Dexter and Ed to see if they can save their jobs and the sanctity of their beloved restaurant. Jillian Bell ("I'm Totally Fine") and Lil Rey Howery ("Get Out") portray the power-hungry CEO and lawyer of MegaCorp, respectively. The film also features appearances from Marsai Martin, Carmen Electra, Rob Gronkowski and Mark Cuban. Out on Nov. 22. (Paramount+)

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Kel Mitchell, left, and Kenan Thompson reprise their roles as burger slingers in "Good Burger 2."

Contract Bridge

AN UNUSUAL DEFENSIVE PLAY

South dealer.
North-South vulnerable.

NORTH

♠ Q 7 5
♥ 10 8 4 2
♦ 7
♣ Q J 10 8 3

WEST

♠ J 9 8
♥ 7
♦ Q 10 6
♣ 9 7 6 5 4 2

EAST

♠ K 10 2
♥ J 9 6
♦ A K J 9 8 5 3
♣ —

SOUTH

♠ A 6 4 3
♥ A K Q 5 3
♦ 4 2
♣ A K

The bidding:
South West North East
1♥ Pass 2♥ 3♦
4♥ 5♦ Pass Pass
5♥

Opening lead — six of diamonds.

For the defenders, card-reading is often the key to finding the killing defense.

Take this case where you hold the East hand and partner leads the six of diamonds against South's five-heart contract. You win with the king, and the all-important question is, what do you do next?

The first step is to try to decipher the meaning of your partner's six-of-diamonds lead. This is not a difficult

task: West, who raised diamonds, must have started with precisely the Q-10-6. He cannot have the deuce or four because he would have led his fourth-best diamond. You can therefore deduce, as soon as dummy appears, that South has the 4-2 of diamonds.

This makes it much easier to find the proper play at trick two — the three of diamonds! This extraordinary play, which directs West to return a club should he gain the lead, has a remarkable effect. Regardless of what declarer does from this point on, he cannot make the contract.

If he ruffs the diamond return in dummy, he eventually loses two spade tricks (assuming correct defense). And if he does not ruff the diamond return in dummy, West wins the trick and shifts to a club, which East ruffs for down one.

Note that if East leads a trump at trick two, which seems to be the safest thing to do, South makes the contract. He simply plays the A-K-Q of trump, cashes the A-K of clubs, ruffs a diamond in dummy and finishes with 12 tricks.

Note also that if East returns the ace of diamonds at trick two, instead of a low diamond, South can make the contract by discarding a spade from dummy. East remains on lead and cannot stop declarer from scoring 11 tricks.

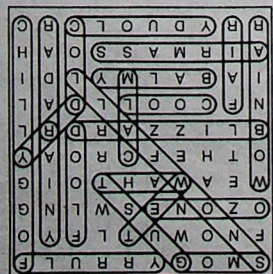
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by Steve Becker

Puzzles4Kids

Answer

Fowl weather.
Riddle Answer:



Puzzles4Kids

by Helene Hovanec

RIDDLE SEARCH — CLIMATE WORDS

Look up, down, and diagonally, both forward and backward to find every word on the list. Circle each one as you find it. When all the words are circled, take the UNUSED letters and write them on the blanks below. Go from left to right and top to bottom to find the answer to this riddle: What's the term for when it's raining turkeys and birds?

AIR MASS
BALMY
BLIZZARD
CALM
CHILLY
CLOUDY
COLD
COOL
DRY
FAIR
FLOOD
FLURRY
FOGGY
GUST
OZONE
RADAR
RAINBOW
RAINY
SMOG
SNOWFALL
THAW
WET

S	M	O	G	Y	R	R	U	L	F
F	N	O	W	U	T	L	F	Y	O
O	Z	O	N	E	S	W	L	N	G
W	E	A	W	A	H	T	O	I	G
O	T	H	E	F	C	R	O	A	Y
B	L	I	Z	Z	A	R	D	R	L
N	F	C	O	O	L	L	D	A	L
I	A	B	A	L	M	Y	L	D	I
A	I	R	M	A	S	S	O	A	H
R	R	Y	D	U	O	L	C	R	C

Riddle answer: _____



Mail-Order Meds Lose Efficacy If They're Not Stored Properly

DEAR DR. ROACH: I am concerned, and have been for some time, about whether my prescriptions that arrive by mail are compromised, since they sit in vehicles with the sun beating through the windows, heating them up.

Also, the plastic bottles in which the prescriptions are stored give off toxic emissions as they "broil" in the sun. The instructions that come with some of the meds warn about heat as well.

My pharmacist told me that heat does affect a medication's effectiveness negatively. So, if this is true, millions of us are taking important medications that are basically not doing the job. After all, the meds that arrive at pharmacies come in hot vehicles, too. What's your take? -- J.Z.

ANSWER: All medicines should be stored in a cool, dark place, as direct sunlight and heat can damage their effectiveness. Studies have proven that medicines sent by mail order can indeed get out of their published temperature range. While this happens most often in mailboxes, I understand your point about medications "broiling" in hot temperatures during the shipment itself.

Liquid medicines, hormones and nitroglycerin are among the most sensitive. Medicines that need to be dosed exactly, such as transplant rejection medicines, biologicals, and seizure medicines, are also particularly likely to cause problems if they are damaged during shipping. Although some medicines are supposed to be shipped in packaging with cold packs and insulation, this isn't always the case.

I recommend using a local pharmacy, but many people have prescription plans that require them to use mail order. Many states have requirements about customers using retail

pharmacies. If that's not the case for you, try to make sure that the medicine will be delivered when you are available to receive it.

If you have a temperature-sensitive medicine, such as the ones I mention above (you can ask your pharmacist about others), request that your mail-order pharmacy sends it in special packaging during warm weather. You might also consider having them shipped to a place where they will be put into a temperature-controlled environment right away.

DEAR DR. ROACH: Since I developed bronchiectasis, I have lost 15 pounds. I can't seem to get an answer as to why this disease would result in weight loss. Can you shed any light on this? -- E.K.G.

ANSWER: Bronchiectasis is a lung condition similar to chronic obstructive pulmonary disease (COPD). It develops after a lung infection occurs in a person who is at risk due to a number of possible underlying conditions.

Weight loss with chronic lung disease, like COPD and bronchiectasis, is common. There are many possible reasons. One is that breathing can be hard work! It takes extra energy (as much as 10 times more energy) to breathe with chronic lung disease. Some medications used for bronchiectasis promote weight loss, often through poor appetite. Bronchiectasis is an inflammatory condition, so this can also lead to appetite suppression.

Although many healthy people want to lose weight, losing weight with chronic lung disease is a bad sign and a reason to make some dietary changes. I've often advocated for nuts and nut butters; the healthy fat in them contains a lot of calories, and fat is easier on your lungs, since it makes less CO₂ than protein or carbohydrates. You also need to maintain muscle strength.

Finally, a new serious diagnosis always leads to a change in how we think of our bodies, so depression (which often exacerbates weight loss) is not uncommon. Your doctor or a mental health professional can help.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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SENIOR NEWS LINE

by Matilda Charles

Seasonal Affective Disorder

Have you recovered from the latest time change? The one that sent the clocks back an hour, pushing us into darkness in what used to be the end of the afternoon?

Seasonal Affective Disorder, also called SAD, is a type of winter depression that can be found in the young as well as the old. The decrease in daylight can affect us, as can the lack of sunshine, which lowers our production of the mood regulator serotonin. It doesn't help that not only is there little sunshine, but often it's too cold or snowy to make a trek outdoors.

Symptoms can look a lot like depression but only appear in the winter. Typical signs are lack of energy, restlessness, lack of interest in things we used to enjoy, feeling sad, different sleep patterns and changes in appetite.

A short visit with your physician to ask for a test to learn your vitamin D level might be in order. If the answer is yes, your vitamin D level is low, ask your physician how it can be fixed. Sometimes they'll suggest a light therapy box, a gadget that can increase your exposure to light. If so, ask for the name of a specific brand as well as how long and how often you should use it.

Don't try to solve the problem with over-the-counter vitamin D supplements without your physician instructing you about how much to take.

To beat SAD, sometimes it only takes a few changes to how you spend your days. Try to establish a routine of talking to friends or family every day that you can't get out. Get a little exercise (try YouTube videos for senior exercise). Vow to eat better, even if it means just an additional piece of fruit every day.

Every step you take can have a positive impact on your mental state. (c) 2023 King Features Synd., Inc.



1. Name the Beatles song that begins with the music of a national anthem.
2. How did Chubby Checker get his name?
3. Name the debut album by Simon & Garfunkel.
4. The Fab Four named themselves the Beatles because of which group?
5. Name the song that contains this lyric: "Hey, have you ever tried, Really reaching out for the other side? I may be climbing on rainbows, But baby here goes."

Answers

1. "All You Need Is Love" begins with the French national anthem, "La Marseillaise." Also heard through the song are notes from "In the Mood," "Greensleeves" and even a bit of Bach.
2. Legend says he got his stage name from a play on the name of another entertainer, Fats Domino. Fats = Chubby, and Domino = Checker.
3. "Wednesday Morning, 3 A.M." It was released in 1964 and was then re-released in 1966.
4. Buddy Holly & The Crickets, after experimenting with the Silver Beatles and others.
5. "I Want to Make It With You," by Bread, in 1970. The song was written by a member of the band, David Gates, and was the only Bread song to ever top the Billboard charts.



FIRST PLACE – Lincoln-Hancock School Third Grader Chasity (Yu Ching) Tai – Mrs. Feeney. Judge's comment: The international flavor of the candy canes, show some special imagination in this warm hearted depiction. Clearly presented, you can see the various nations "Flag Bodies"! All done in a crisp, clear color palette. The canes in multi-colors, teach us how to join together in celebration of the holiday season.



SECOND PLACE – Squantum School Fifth Grader Bella Lu – Mrs. Bergin. Judge's comment: A beautiful Christmas poster carefully rendered by the artist, a smart use of a small Christmas stamp makes for a dramatic composition, excellent work. *Images Courtesy QATV*



HONORABLE MENTION – Snug Harbor School Fifth Grader Savannah Nguyen – Mr. Armstrong. Judge's comment: This Christmas village is a happy and busy place. The viewer can step right in. Beautifully detailed. Excellent work. More winning posters on Page 39.



THIRD PLACE – Clifford Marshall School Third Grader Vihaan Badri Narayanan – Mrs. Reardon. Judge's comment: The pattern style composition is perfectly balanced. The characters are lively and drawn with confidence and colors are crisp and distributed to support the composition, leaving your eyes to stay in the frame and enjoy this holiday gift.

Christmas Poster Contest Winners, Honorable Mentions

Quincy Access Television announces the winners of this year's Christmas Poster Contest. Elementary school students from Quincy Public Schools and the

Quincy Catholic Academy participated in the annual contest sponsored by QATV.

There were over 800 poster contest entries, judged by Tony and Phyllis Andrade of the Quincy Art Association. The contest holds two categories: Grades 1-3 and Grades 4 & 5. And prizes awarded are: first place \$100, second place \$75 and third place \$50. The following students were judged winners.

Grades 1-3: F i r s t Place: Chasity (Yu Ching) Tai, Grade 3, Lincoln Hancock Elementary; **Second Place:** Anvi Goyal, Grade 3, Wollaston Elementary; **Third Place:** Vihaan Badri Narayanan, Grade 3, Clifford Marshall Elementary.

Grades 4 & 5 F i r s t Place: Elliot Martinez, Grade 4, Lincoln Hancock Elementary; **Second Place:** Bella Lu, Grade 5, Squantum Elementary; **Third Place:** Vivian Chen, Grade 4, Quincy Catholic Academy.

The winning students will be invited by the Christmas Festival Committee to ride in the 70th Quincy Christmas Parade on Sunday, Nov. 26, and winning posters will be displayed in

the windows of the Quincy Sun at 1372 Hancock St., throughout the holiday season.

The judges were so impressed by the young artists they chose six honorable mentions. When asked about the judging process, Tony Andrade said, "Phyllis and I have been invited to judge the show for the last seven years, and it's truly a joy! First, it gets us thinking about the upcoming season, sort of like setting the mood! Then naturally, it's the amount of hard work performed by students, that go into all the creative works we look at. These young students run the gamut from super creative and expressive, to adorable and heart-warming, to downright wild and crazy in their creations. We like to see imagination unbound and the kids always seem to come through to keep us amazed. Children can tell you a lot about themselves, if you hand them a sheet of paper, crayons and a few inspirational suggestions to start them up. All the work is an inspiration to us, and we hope our favorites are enjoyed throughout the season!"

The honorable mentions chosen: Isaiah Nguyen, Gr. 2, Quincy Catholic Academy; Elaine (YuLing) Guo, Gr. 4, Quincy Catholic Academy; Savannah Smith, Gr. 5, Quincy Catholic Academy; Lilah Bacchieri, Gr. 3, Merrymount Elementary; Lucin Alkhadrawi, Gr. 3, Montclair Elementary; Savannah Nguyen, Gr. 5, Snug Harbor Elementary.

Congratulations to the winners, the honorable mentions, as well as a big thanks to the Quincy Public Schools and Quincy Catholic Academy principals, teachers and staff who support Quincy Access Television throughout the entire poster contest. And a special thanks to the judges, who handle every poster with tenderness and appreciation. To all participants thank you -- great work!

If you're 18 or older and are interested in becoming a member of Quincy Access Television, call 617-376-1440. Visit QATV, and all our programming on demand at www.qatv.org. QATV is located at 88 Washington St., adjacent to the Thomas Crane Public Library. Stop in for a tour of the studios.

Quincy School - Community Partnership and
Mayor Thomas P. Koch
present

*'Tis the Season...
Symphony & Song!*

*Celebrate the sounds of the holiday season with the
Quincy Symphony Orchestra
Quincy Public Schools Combined High School Choral Group
and
John Adams Orchestra*

**Tuesday, December 5, 2023
Quincy High School
Lloyd Hill Performing Arts Center
7:00 P.M.**

General Admission: \$20.00

Tickets may be purchased at both North Quincy High and Quincy High School

Dinner, Performance and VIP Seating: \$40.00

A 3 course dinner will be served at Presidents Cafe (located in Quincy High School) prior to the evening performance. Dinner seating begins at 5:00 p.m. Dinner/Performance tickets must be purchased at Quincy Public Schools, 34 Coddington Street, Quincy, MA 02169 by December 1, 2023. Seating is limited. For additional information please call (617) 984-8731.

Christmas Poster Contest Winners, Honorable Mentions



FIRST PLACE - Lincoln Hancock School Fourth Grader Eliot Martinez - Mrs. Walpole. Judge's comment: This Christmas poster looks at a canal in Venice, Italy. Rich coloring, solid drawing and a nicely rendered landscape; an outstanding work - an artist to be watched.



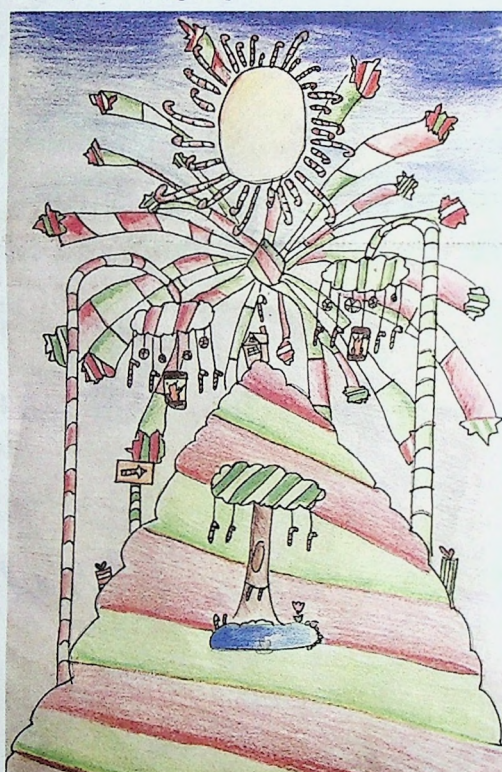
SECOND PLACE - Wollaston School Third Grader Anvi Goyal - Ms. Garrett. Judge's comment: This little bungalow and the stone path leading to it, says welcome all and we're in for a treat. Love the canes trees and shrubs. The style is not over-worked, with a strong composition.



THIRD PLACE - Quincy Catholic Academy Fourth Grader Vivian Chen - Mrs. Gooden. Judge's comment: A delightful poster, perfect handling of tone and color, which gives the picture such a heart-warming scene. It would be a dreamy place to visit. Wonderful work.



HONORABLE MENTION - Quincy Catholic Academy Second Grader Isaiah Nguyen - Mrs. Gooden. Judge's comment: Another fanciful concept on the theme. Love the exciting composition with canes falling and planting themselves, the textures here add to the drama!



HONORABLE MENTION - Quincy Catholic Academy Fourth Grader Elaine (YuLing) Guo - Mrs. Gooden. Judge's comment: This aerial perspective of this unique scene is grand and way beyond grade level - beautifully rendered and outstanding work.



HONORABLE MENTION - Quincy Catholic Academy Fifth Grader Savannah Smith - Mrs. Gooden. Judge's comment: Savannah has taken us on a Christmas adventure, so much to look at - this poster is wonderful. Quite an achievement.



HONORABLE MENTION - Merrymount School Third Grader Lilah Bacchieri - Ms. Jones. Judge's comment: Warm and cool split panel, nice idea. It's fun and done with style and confidence. Great humor too!



HONORABLE MENTION - Montclair School Third Grader Lucin Alkhadrawi - Mrs. Egan. Judge's comment: Love this surreal composition, it's so fun! Floating canes and trees with homes to match - a totally different take. This says Candyland dreams with a smile!



*T*hanksgiving is a tradition that dates back to our earliest roots as a Nation. At this time of year, we reflect and give thanks for the many blessings bestowed on this country.

I would like to take a moment to pause and express my gratitude to the people of Quincy for the opportunity to serve as mayor of the greatest City in the Commonwealth.

I thank our veterans for protecting our freedoms. I thank our spiritual leaders for the nourishment they provide for the soul. I thank the organizations and agencies serving those in need.

I thank our City employees for teaching our children, protecting our streets and delivering outstanding services to our residents. I thank those who volunteer their time in service to our neighbors and our community. I thank our business and labor leaders for their commitment to our City.

I thank God for the gifts of life, family and friendship.

Thank you, Quincy.
H A P P Y
Thanksgiving

Mayor Tom and Christine Koch

